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Hi Guys!

Welcome to the 5th edition of La Vida Liverpool print magazine -- the latest evolution of the positive news concept I created in April 2018. What started as an online magazine has also become a marketing and PR machine, radio show, print magazine and so much more and it fills me with joy to showcase all the amazing people, businesses, charities and events in our region!



As with the previous print magazines, this 5th edition has taken so much effort and love to produce! Most publications such as this are put together by big teams but with La Vida, it's just myself, my amazing graphic designer Alec Lawley and the printer I use, Joseph, who is a great guy too. It's a big effort indeed but when I see these magazines out there and making people happy, it's so incredibly rewarding!



This particular section of the magazine is quite interesting for me, as it acts as a bit of a diary of where I am at in my life. In the December 2023 edition, I declared how I was so in love with an artist -- it's safe to say that didn't work out and just a few months later I was utterly heartbroken.

In the last edition, June 2024, I declared that I had a new business partner and that La Vida was part of Sound Media -- that partnership also didn't work out so I'm back working all the hours by myself.



Life is funny I guess -- we can look back on our life from a year ago, 6 months ago and how things can change! The key thing for me is no matter what happens, always get out of bed every day, try your hardest and be a good human being. Things are always changing and sometimes things don't always work out as we plan, but we must keep doing our best every day and if we feel heartbroken we must ride the storm and then come back fighting ten times stronger. It's all a test at the end of the day.

So, I have been working very hard at my passion and calling in life -- La Vida Liverpool -- these past few months and have enjoyed lots of success and happiness through it! As ever, I have been doing great work promoting people, businesses, charities and events -- helping get people in the news and getting their businesses and events busy. The true magic is the people I meet though -- who start off as clients but become friends for life.



It's been an honour to be part of the Primal Live song contest and music project that raises money for The Whitechapel Centre -- you can read about this on page 44. It's also been great to be involved in the running of the amazing free 'In The Loop' networking group -- check this out on page 50. I've continued to host and compere community events and have also continued to work with students and student journalists -- in fact, in 2025 I'll be working closely with The City Of Liverpool College as a Guest Lecturer and to help their students build their portfolio. It's very satisfying to teach them the power of positive news.



After releasing this magazine, the plan is to take some time out during the festive season and plan for a big 2025. I have a La Vida podcast coming out that I'm working on with the legend Phil Perez and am planning some big collabs with Laura Seymour from Wirral Wellbeing Magazine and also Inspiring Women Wirral. Teamwork makes the dream work and collaboration is so important! I'm also looking at putting on some more events in the new year such as La Vida Awards -- there's so much I'd like to do but only so many hours in a day!



That said, you might be reading this months down the line and things may well have changed, as they always do in life! I may well pick up this magazine in May 2025, read this column and smile at where I was in life and the plans I had -- thinking 'oh how things have changed'. Wherever we are in life, we just need to stay positive, keep trying our best and keep planning for the future -- whilst always being aware that things can change at any minute. But most importantly guys, be happy and be a good person. Life's too damn short to be angry and miserable.

Here's to a fantastic 2025!

Until Next Time x

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the **prize**. you are
beautiful, you are
worthy and you are
absolutely **perfect**
for the right person
who **appreciates and**
deserves you.



FOOD & DRINK



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FOOD & DRINK

CASA RIMA SCOOPS TOP AWARD AT KNOWSLEY BUSINESS AWARDS!



Halewood's Casa Rima has scooped the Business To Consumer Award at the prestigious Knowsley Business Awards, after just celebrating their first birthday. The restaurant, located on Bailey's Lane, has become a huge hit since opening in September 2023 and is frequented by football players and celebrities.



The restaurant's team attended the glamorous awards ceremony at Knowsley Safari Park on Thursday 28th November – a lavish event that had over 800 people from various businesses in attendance. Competition was tough, however the restaurant came out triumphant in their Business To Customer category, as the team was cheered on by Halewood's Councillor Shelley Powell.

Following a huge two year refurbishment, the stylish restaurant opened its doors in 2023 and quickly developed a fantastic reputation – with many glowing 5 star reviews. Ran by the team behind Lark Lane's Al Dente (consistently one of the best rated restaurants in Liverpool on Trip Advisor), Casa Roni and the award winning Al Dente in Didim, Casa Rima offers quality Italian and Mediterranean cuisine.



Halewood locals have been raving about the restaurant due to its excellent food and exceptional levels of service. The team includes celebrity chef and consultant Masterchef Kemal Coskuncay, who has recently won Chef Of The Year at the British Kebab Awards and judged the Culinary World Cup, and Ali Kavlak – former private chef of the Turkish Embassy in London for 18 years, cooking for world leaders.

Masterchef Kemal said: *"It is a great honour for us to win this prestigious award, especially as we've only been open for just*

over a year. We work very hard as a team to provide culinary excellence and great service, something we're very proud of. We must thank our customers in particular – it's thanks to their custom, support and reviews that we've won this award. With them it would not have been possible."



Knowsley Business Awards is one of the North West's biggest and most respected awards ceremonies – celebrating the energy, determination and success of organisations and individuals in Knowsley who are making a valuable contribution to the local and regional economy. The team at Casa Rima have been praised for what they've brought to Halewood – something the town was 'crying out for'.



Halewood's Casa Rima has scooped the Business To Consumer Award at the prestigious Knowsley Business Awards, after just celebrating their first birthday. The restaurant, located on Bailey's Lane, has become a huge hit since opening in September 2023 and is frequented by football players and celebrities.



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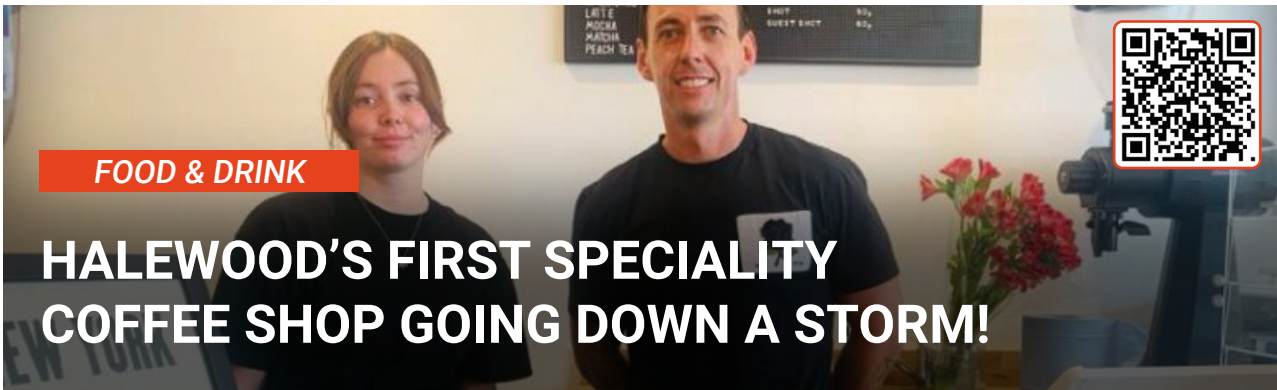
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FOOD & DRINK

HALEWOOD'S FIRST SPECIALITY COFFEE SHOP GOING DOWN A STORM!

Halewood's first speciality coffee shop, Finchys, has been going down a storm since opening in November 2023. The gorgeous new hangout has been a big hit amongst locals – offering speciality coffee and teas, 'the best bagels around', paninis and cakes 'to die for'.



Located on Baileys Lane, open 7 days a week and dog friendly, Finchys has a bright and modern interior and an outside space for al fresco drinking and dining. Spotting a gap in the market for a quality speciality coffee house locally, owner Kevin Maguire opened Finchys with the aim of offering the finest coffee, teas and bagels in town at a super affordable price.

FINCHYS COFFEE HOUSE DRINKS MENU		FINCHYS COFFEE HOUSE FOOD MENU	
SPECIALTY COFFEE	ICED	BAGELS	BAGEL EXTRAS
ESPRESSO £5.50	AMERICANO £3.50	THE TOWER £4.50	BACON / SAUSAGE -1.10
AMERICANO £3.50	LATTE £3.90	LATTE £3.50	EGG / HASHBROWN -1.10
LONG BLACK £3.50	MOCHA £3.80	MEAT FEAST £4.50	CHEESE SLICE -1.10
CORTADO £3.50	MATCHA £3.50	THE V (V) £4.50	OTHERS
FLAT WHITE £3.50	PEACH TEA £3.50	BAKED BREAD £1.50	AVO ON TOAST (veg) £4.50
CAPPUCINO £3.60		SAUSAGE £1.50	TOAST £3.50
LATTE £3.50		EGG & CHEESE £1.50	FRUIT LOAF £2.50
MOCHA £3.50			
PASTELA £3.50			
SPECIALTY TEA	SOFT DRINKS		
LIVERPOOL ENGLISH £3.50	SAN PELLEGRINO £3.50		
NEWCASTLE £3.50			

With large cappuccinos for just £3.60 and heavenly bagels from just £5, it's rare to find such quality at such a great price. Coffee is carefully selected from Crosby Coffee and revolving guest coffee roasters, whilst bagels range from Meat Feast to Ploughmans and can be custom made. You'll find different cakes each time, from brownies to carrot cake, and plenty of vegan options.



Unsurprisingly, as word has spread, Finchys has found itself consistently busy – from friends and families catching up to people grabbing a coffee and bagel to take away – and it's also proven to be a popular work space. Such is its popularity, owner Kevin has been thinking he maybe should've chosen a bigger venue.



Kevin said: "As a coffee connoisseur myself, it's been my dream for a while to open a speciality coffee house. I had a few viewings and offers on various commercial units but kept getting outbid. When the Baileys Lane unit came up my dream finally came true and we decided to call it Finchys as a nod to the legendary local farm and Everton training ground."

He continued: "We've been overwhelmed by the support from locals since opening and people have been raving about the quality of our coffees, teas, bagels and cakes. As word has spread, we've been getting people travelling from further afield

too. We've created a real gem here in Halewood and it's made me think I maybe should've chosen a bigger venue!"



Following a storming first few months in Halewood, Kevin is already thinking about opening more Finchys coffee shops in Merseyside. A concept that's simple but effective with the refined menu that's all about quality and great value, Finchys may well become a household name in Merseyside.

Kevin summarised: *"We've kept things simple and focused on quality over quantity. Because of this we've gained a reputation for being the place to come for the best coffee, tea, bagels and cakes. It would be incredible to have Finchys throughout the region and the way things are going you never know. Our success is all thanks to our amazing staff Ruby, Ellie and Camille though – they have been truly amazing!"*



Halewood's first speciality coffee shop, Finchys, has been going down a storm since opening in November 2023. The gorgeous new hangout has been a big hit amongst locals – offering speciality coffee and teas, 'the best bagels around', paninis and cakes 'to die for'.

**Finchys / 5 Baileys Lane, Halewood,
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FOOD & DRINK

FROM MEAL PREP TO ULTRA MARATHON MAN!

A meal prep guru from Liverpool has just completed his 1,500th consecutive day of running – covering almost 19,000 miles in over four years of daily runs. Andrew Kelly, 27, is the Co-Founder of meal prep company Benno Box and attributes his superhuman fitness to his healthy diet and discipline.



Averaging 12.6 miles per day over four years (just under a half marathon each day), Andrew is a machine when it comes to long distance running. Having competed in some of the biggest races in the world, including 200-250 mile events in Florida and Arizona, Liverpool's very own Roger Bannister is showing no signs of slowing down.



Andrew's story started in 2019 when he started running 2 miles each day. He soon became obsessed and decided to start making his own healthy, high protein and low sugar meals to help him reach peak condition. As his obsession with running grew, on New Year's Eve 2019 he completely quit drinking alcohol, and as his stamina improved people started asking about his diet more.



In 2020 during lockdown, Andrew started supplying family and friends with his meal prep meals – becoming so popular that he decided to quit his job and set up Benno Box. Fast forward four years, Andrew has now ran for 1,500 days straight and Benno Box has supplied over 1,700 customers with over 100,000 healthy meals.

Andrew explained: *"I started running just a couple of miles a day but became addicted to how it made me feel. I started testing myself and realised that to get to the next level I needed to cut out alcohol and have a healthy diet. I initially trained as a KP whilst at college so drew on that knowledge from the chefs to create nutritious, protein rich and super tasty meals – it was my diet that helped me get to the next level."*

He continued: *"During lockdown, after supplying friends and family with my meals, they spread like wildfire by word of mouth."*

I quit my job as an engineer and founded Benno Box with my friend. Four year later, we have a unit just outside the city centre and a great team – helping change lives one healthy meal at a time – and I've completed some of the most challenging races in the world."



Just as Andrew's running has gone from strength to strength, as has Benno Box. With delicious meals such as Salt & Pepper Chicken Noodles, Tex Mex Bowl and Korean Beef and delivery across Merseyside, Benno Box has become a big hit amongst those wanting a healthy diet and professionals who don't have time to cook.



Benno Box offers a huge menu for custom orders or set meal plans such as 5 meals per week for as little as £39.99 delivered. Customer feedback has been profound – with countless reviews from people who have lost weight, overcome eating disorders and lived healthier lives. Like Andrew, many sport enthusiasts and athletes have attributed the Benno Box diet to taking their fitness to the next level.

With lots of variety, Benno Box offers a sustainable and 360 degree approach to diet – with lots of snacks, treats and drinks to complement the healthy meals. It's very much a team effort, with chef Jordan a whizz in the kitchen and Andrew's girlfriend Layla making the protein bake recipes including protein pancakes, waffles, flapjacks, cookies and more.



Andrew summarised: *"My diet and lifestyle has changed my life and enabled me to run for 1,500 days straight, as well as compete in the world's most gruelling challenges. At Benno Box, we want to give others that gift too and to hear the feedback from customers is so rewarding – from people who have lost weight to people who have healed their eating disorders to people who have taking their fitness to the next level."*



Benno Box meal prep guru, Andrew Kelly, has just completed his 1,500th consecutive day of running – covering almost 19,000 miles in over four years of daily runs. He has averaged 12.6 miles per day over four years (just under a half marathon each day), and has competed in some of the world's most gruelling long distance races.

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FOOD & DRINK

BORN TO BAKE: WHY I QUIT TEACHING TO OPEN A BAKERY

Teaching is regarded as a challenging role with long hours and lots of paperwork, so the thought of someone moving on to work up to 15 hours a day in their own bakery may seem absurd. Meet Mike Kerr who quit his job as a teacher to open Born To Bake – a career change that’s paid off big time!



Born To Bake is based in Bromborough, Wirral, and supplies top quality breads, sausage rolls, pasties, pies and cakes, primarily to businesses. Founded in October 2020 during lockdown, it was a huge gamble for Mike, but four years down the line they’re supplying to the likes of Liverpool FC, The Royal Liverpool Golf Club, The Titanic Hotel and The Orient Express.



Born To Bake is all about top quality produce with no additives or preservatives, baked fresh on site daily, and they offer free next day delivery to businesses. Whilst Born To Bake has now established itself as one of the region’s premier bakeries, Mike was labelled crazy by some when he decided to enter the world of baking.



Diagnosed with Autism, Mike is a perfectionist and workaholic. Back in 2016 he had set up Piadina Pronto, an Italian street food business he ran alongside teaching, and sought the help of baker Lee Hollywood (brother of the famous Paul Hollywood), to perfect his dough. He soon became obsessed with baking and the rest, as they say, is history.



Mike explained: *“I’ve always been an entrepreneur from an early age – from selling sweets as a 5-year old to convincing my Dad to start a kebab business aged 10, after a visit to London. I actually became a Computer Operations Analyst for a top international company before moving into teaching I.T. and Computing (Secondary, Further Education, Primary levels) and additional needs teaching.”*

He continued: *“I’m always on the lookout for opportunities and varying circumstances prevented me from being involved in McDonalds in the UK, Pandora and the*

development of sat nav. During a visit to Italy in 2016 I discovered Piadina and saw the potential of Italian flatbread becoming as popular as pizza, so I decided to launch Piadina Pronto and this in turn led me to the art of baking.”



Piadina Pronto has become a successful business in its own right, with a trailer serving at events and festivals, but after seeking dough baking advice from the Hollywoods, Mike became obsessed with perfecting baking. In 2020, after endless hours of baking various breads, he decided to quit teaching and open Born To Bake – with the aim of supplying Piadina Pronto and other hospitality businesses.



Mike said: *“People thought I was crazy at first, entering into something that I knew nothing about, during uncertain times with Covid, but I have Autism and one of my traits is being an obsessive perfectionist. When I get an idea about something I go for it! I assembled a great team and at first it was slow but as our reputation grew, the big contracts soon came in. Today we are thriving!”*



Supplying to many well-established independents, as well as big clients and household names, Born To Bake is now the go to choice of many top local hospitality businesses – with quality and service being the driving factors behind its success. This success proves that it’s never too late for a career change, even if people might think it’s crazy.

Mike Kerr is the owner of Wirral’s Born To Bake, offering people and businesses top quality breads, sausage rolls, pasties, pies and cakes. Born To Bake is all about top quality produce with no additives or preservatives, baked fresh on site daily, and they offer free next day delivery to businesses.

**Born To Bake / Unit 5 Carrock Road,
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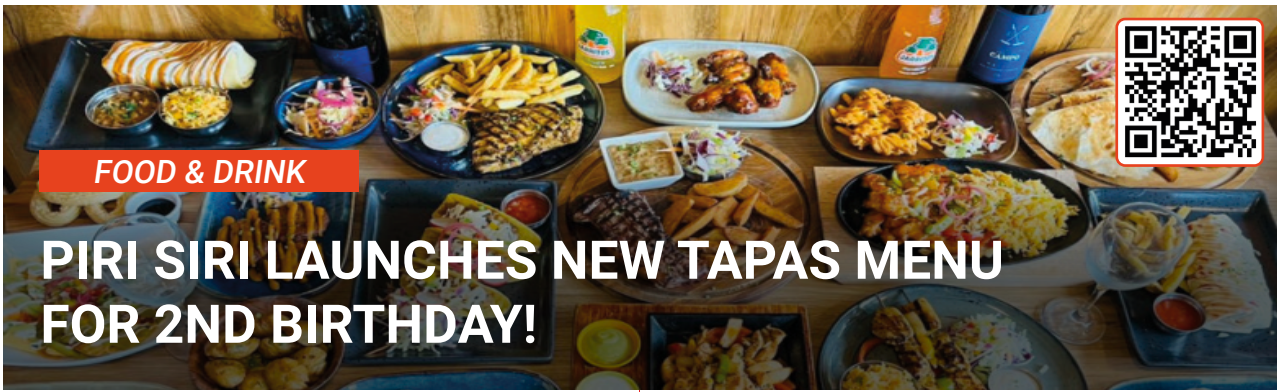


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FOOD & DRINK

PIRI SIRI LAUNCHES NEW TAPAS MENU FOR 2ND BIRTHDAY!

Moreton's mouth-watering Mexican, Piri Siri, is celebrating its 2nd birthday with a new tapas menu and some incredible value offers throughout the week! The highly rated restaurant, open 7 days a week and located just off Moreton Cross, has also announced a fantastic Christmas Day offer of just £45.99pp for 4 courses and £25.99 for children.

There are also some great drinks offers available – with 2 cocktails for £12.99 and 2 bottles of beer for £6.99. Meanwhile, the main menu is available 7 days a week and offers colourful Mexican food from classics such as burritos, tacos and chimichangas to steaks and specials such as lamb chops, swordfish and seabass. Delivery is available with a 5% discount and collection with 15% discount.



The new tapas menu is available 7 days a week from 2pm until 5.30pm, with generous size portions and an offer of 2 dishes for £15.99. Choose from their many exciting dishes such as Mexican and Curry Bowls, Salmon Fillet, Fajita Wraps, Mexican Paella, Dirty Nachos, Skewers, Piri Siri Dumplings and Taquitos – with some heavenly desserts too and 2 desserts for £8.99.



Piri Siri is a fun and welcoming restaurant that's ideal for special celebrations and birthdays. Christmas Day is filling up quickly with a fantastic 4 course offering of £25.99 per child and £45.99 per adult – forget about all the cooking and washing up at home and enjoy soup, a starter, a main and a dessert in a vibrant setting with a great atmosphere!





Piri Siri is soon celebrating its 2nd birthday after Jeevan Kandel took over the restaurant and turned it around. A quality chef with an impressive CV, having worked at top restaurants internationally, Jeevan has transformed the Moreton restaurant – with a 5 Star food hygiene rating and almost 1000 5 Star reviews across all platforms in the two years of ownership.



One diner recently said: *“Lovely service from the staff! Our food was absolutely amazing! For starters we had halloumi, chicken wings, calamari and fried jalapeños, all were fresh tender and so tasty. For mains we had chicken and beef burritos, steak and grilled chicken and they were perfect! Chocolate brownies with ice cream for dessert, truly delicious, we all would highly recommend this restaurant, it has great food for everyone! And great prices for such high quality food too!”*

She loved it that much she left another saying: *“We came back again for my mums birthday! There were 14 of us and the staff were so kind and accommodating, bringing all the food in a timely manner and still so fresh and delicious. They made us feel special, it’s such a hidden gem of a restaurant! We’d all highly recommend this Mexican especially if you love locally it’s so tasty!”*



Often overlooked by many, Piri Siri is one of Wirral’s true gems and is absolutely loved by regulars who keep on coming back. The new tapas menu, great offers and main menu that’s packed with Mexican classics and intriguing specials are great reasons to visit – or why not try them out on Christmas Day for one of the best Christmas Day offers in Wirral!

**Piri Siri Mexican restaurant / 223
Hoyleake Road, Moreton, Wirral, CH46
0SJ / 0151 678 5899**

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FOOD & DRINK

FOOD SAFETY EXPERT REVEALS KEY REASONS BUSINESSES DON'T GET 5 STARS!

Food hygiene and safety is a hot topic – it can not only lead to the downfall of a hospitality business, it can also cause illness or even death for a customer! Whilst many businesses fail to achieve a 5 star rating on blatantly poor hygiene and lack of care and safety, some fail or even get a zero rating for reasons such as paperwork.



Fortunately for hospitality businesses in Merseyside, there's a food safety guru on a mission to ensure they achieve a 5 star rating every single time! Katy Elliott is the owner of 5 Star Food Safety – training businesses and their staff and putting in place a bespoke simplified system that protects them from the dreaded environmental health visits.

With over 25 years of experience, Katy has helped countless restaurants, pubs, bars, hotels, manufacturers and other food related businesses achieve 5 star food safety ratings and has become an integral part of their operation. Here she reveals the key reasons business fail and don't achieve a 5 star rating....



1. No Food Safety Management System

Katy: "The premises may not be dirty but there is no documented evidence that food safety is being taken seriously. Remember, if it's not written down, there's no proof. That's why I've written an easy to follow food safety system. If the paperwork is too complicated and cumbersome then staff find it too hard to follow. My systems are tailor made for each setting."



2. Failure To Manage An Existing Food Safety System

Katy: "Documentation and monitoring records such as fridge/freezer temperatures on the opening and closing of the kitchen. Again, my system is easy to follow and I keep all my customers informed of any changes to current legislation."

3. Lack Of Knowledge

Katy: "A failure to keep abreast of current legislation may result in a food safety management system that is no longer "fit for purpose". For example, in 2019 the FSA added Acrylamide into the SFBB (Safer Food Better Business) and I still audit kitchens and staff haven't heard about this."

4. Lack Of Staff Training

Katy: *“Many food service businesses employ additional staff during the summer but fail to provide them with adequate training. Some small business operators working on narrow margins are often tempted to view training for casual or seasonal staff as a waste of money.”*

“I insist that my customers either train their staff or I train the staff. I don't charge a fortune for this training and I know that if I carry out the training staff are more engaging when using my easy system and they are not scared of phoning me up if they are even unsure of something in the future. It's all about building a confident team.”



5. Too Busy

Katy: *“During the course of a busy day, when customer numbers are high, there may be a temptation to serve food quickly rather than safely. This is why I ensure my customers keep hot food ‘prove-it’ records.”*

6. Poor Habits Of Food Handlers

Katy: *“Even where food safety training has been delivered, management may fail to ensure staff actually adhere to it! People seem to think that wearing disposable gloves is hygienic – this is not the case. When wearing gloves you cannot feel if your hands are dirty, so I actively discourage wearing them. In some circumstances I would wear gloves, i.e. handling fish, peeling garlic or onions but that's about it.”*

7. Poor Cleaning Habits Due To Premises

Katy: *“Food businesses by law should have adequate lighting, ventilation, drainage and*

a dependable supply of hot and cold potable water, with separate sinks for hand washing and food preparation. Poorly laid out or difficult to access areas, such as behind ovens and freezers, may result in staff failing to clean effectively, which can result in a build-up of dangerous levels of bacteria and an infestation of pests. Some staff blame the kitchen by saying it's old. You can still keep an old kitchen clean so there is no excuse.”



Katy has had some amazing success stories – in some cases taking businesses from a zero rating to 5 stars! A key area where she bridges the gap is with business owners who don't speak English as their first language. Not fully understanding the complex guidelines can often lead to errors that put the business at risk, therefore Katy puts in simple systems and even translates them if necessary.

Katy offers a free consultation in which she will assess the business and current practises, provide some advice and then offer her services of a bespoke system that will guarantee 5 stars every time. She also offers staff training, allergen and labelling training and random on the spot checks to test staff compliance.

FOR A FREE CONSULTATION WITH KATY CALL HER ON 07940314549 OR EMAIL katy@5starfs.uk

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FOOD & DRINK

THE HIDDEN GEM OFFERING DOCKSIDE DINING AT ITS FINEST!

If you're looking for dockside dining in Liverpool, your instant thought may be to visit The Albert Dock given the wide range of quality restaurants. That said, there's a hidden gem just around the corner with a Rosette that offers a classy restaurant, bar and outside terrace overlooking the dock.



Malmaison Bar & Grill, located within the Malmaison Hotel at Princes Dock on William Jessop Way, is a slice of dockside paradise and you wouldn't even know it was there! Perfect for romantic dining in the classy restaurant or al fresco dining, cocktails and fun during the summer months, Malmaison Bar & Grill offers top quality food and drink in a stunning setting.



A stylish fusion grill restaurant, Malmaison Bar & Grill offers a contemporary dining experience with classic and seasonal dishes using the finest produce and colourful cocktails. The menu features British, grass fed, dry aged steaks, meat dishes, burgers, and fish cooked to perfection over charcoal and premier Sunday roasts — meanwhile there's afternoon tea and 'Malchemy' cocktails.



Whilst Malmaison Bar & Grill brings real quality, there are also some fantastic offers available! The Prix Fixe menu consists of 2 courses for £24.50 or three courses for just £29.50 — add a glass of house wine or bottle of beer for £3.50! Meanwhile, there's a Burger & Beer deal including fries for just £18.50 during live football matches!



If you're a steak lover then check this out! Steak Night Thursdays brings you 50% off flat iron, New York strip and fillet steak when you indulge in 2 courses — a mouthwatering offer if ever there was one! To be enjoyed in the stylish, chic restaurant or al fresco overlooking the dock and out to The Mersey during the summer months, it's the perfect excuse to visit if you've not yet been to this gem!



Liverpool's Malmaison Hotel is located just off The Strand and is just a stroll through the Crowne Plaza carpark, although many locals still aren't aware that one of the city's best and most idyllic restaurants is located within it. Dockside dining at its finest, we challenge you to visit one fine sunny day and resist whistling 'Sittin On The Dock Of The Bay' – perhaps even stay in one of the gorgeous rooms?



Malmaison Bar & Grill, located within the Malmaison Hotel on William Jessop Way, is open 7 days a week and offers top quality food including breakfast, afternoon tea, steaks, meat dishes, burgers, and fish cooked to perfection over charcoal and premier Sunday roasts. Meanwhile, there's quality cocktails and fantastic offers



**Malmaison Bar & Grill / Malmaison Hotel,
7 William Jessop Way, Liverpool L3 1QZ /
01513633640**

**For more information about Malmaison
Liverpool, its offers, and to book a table,
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Friday 13th: The Connection (9:30)
Saturday 14th: Red Rock (9:30)
Sunday 15th: Mule Train (6:30)
Friday 20th: The Swillers (9:30)
Saturday 21st: Sonic Cult (9:30)
Sunday 22nd: The Undertakers (7:30)
Friday 27th: Old School (9:30)
Saturday 28th: The Band-Its (9:30)
Sunday 29th: Mule Train (8:00)
New Year's Eve: Jon Casey Blues (9:30)

JANUARY

Friday 3rd: The Connection (9:30)
Saturday 4th: Groundrush (9:30)
Friday 10th: The Band-Its (9:30)
Saturday 11th: The Bite (9:30)
Sunday 12th: Mule Train (6:30)
Friday 17th: The Mysterons (9:30)
Saturday 18th: Collider (9:30)
Sunday 19th: Stolen Property (6:30)
Friday 24th: Shaky Ground (9:30)
Saturday 25th: Old School (9:30)
Sunday 26th: The Undertakers (6:30)
Friday 31st: Red Rock (9:30)

FEBRUARY

Saturday 1st: Alabama (9:30)
Sunday 2nd: Park Lane (6:30)
Friday 7th: The Hurricane Blues Band (9:30)
Saturday 8th: Sandraiser (9:30)
Sunday 9th: Mule Train (6:30)
Friday 14th: The Species (9:30)
Saturday 15th: The Klubbs (9:30)
Sunday 16th: Los Amigos (6:30)
Friday 21st: Amazing Kappa Band (9:30)
Saturday 22nd: Jonny and the Radars (9:30)
Sunday 23rd: TBC (6:30)
Friday 28th: Stranglehold (9:30)
Saturday 1st March: Stolen Property (9:30)

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MUSIC & NIGHTLIFE

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MAGAZINE



MUSIC & NIGHTLIFE

MUSIC LEGEND JAYNE CASEY OPENS NEW BRIGHTON'S LATEST HOTSPOT!

Music, arts and culture legend Jayne Casey has opened a new 'deli art bar' in New Brighton's Victoria Quarter with her partner and fellow legend Eric Gooden, and it's quickly becoming one of the coolest hotspots around. District House, located at 112 Victoria Road, is a creative hub where you'll find quality coffee, food, drink, art, music and more.



House is the latest addition to the vibrant Victoria Quarter – a light, spacious and informal hangout that features leftfield pop art for sale on its walls. With a grazing menu serving up artisan charcuterie boards, fish platters, homemade soup, scouse and more, as well as quality coffee, fine wines, novelty beers and cocktails, it's a place to enjoy the finer things in life.



Resident DJs grace the back room at weekends, spinning funky and uplifting vinyl sets, and the venue has already had some unforgettable nights in its infancy. There are big plans for the venue to evolve and host pop up artisan and vintage markets, art exhibitions, book launches and talks from very special guests and inspirational creatives.



After a storming first month, District House is yet another incredible venue in New Brighton's Victoria Quarter – a thriving area where visitors are spoiled for choice in terms of food, drink, art, music and creativity. It seems a perfect fit for Jayne, whose mightily impressive career that includes founding The Baltic Triangle and Cream all started in New Brighton back in the 70s.

Jayne explained: "My mother died when I was five and my father was an alcoholic, so as a kid I'd bounce around children's homes – running away at any opportunity. As a teen I escaped to New Brighton and worked jobs to get my own flat there, until finally my old headmistress found me and encouraged me to study for my exams. I ended up working in Liverpool, got involved in the music scene and the rest is history."



Jayne summarised: *“It’s great to be part of this movement here in New Brighton – it reminds me of The Baltic Triangle movement when we took back the buildings from the big banks and corporations and made it an independently owned creative district. I admire what Dan Davies has done here in The Victoria Quarter – it’s a triumph for creativity and we’re thrilled to be involved.”*

A rebel with an attitude, Jayne quickly became heavily involved in Liverpool’s counter culture music scene – fronting Big In Japan alongside the like of Holly Johnson and Ian Broudie and also fronting Pink Industry. An integral figure of the iconic Eric’s, she went on to become a driving force behind Cream and a pioneering voice of creatives in the city – founding The Baltic Triangle and Liverpool Biennial amongst many other achievements.

Jayne explained: *“It’s been quite a journey, when I look back. Eric and I still have District in The Baltic Triangle, an inclusive space for diverse music and club nights, but it feels really special to open a venue in New Brighton – where it all began for me. New Brighton was such a great place to run away to as a teen and it represented an escape from my troubled childhood, I now want to give back to the town that gave to me some 50 years ago.”*



District House is located within the old bank at 112 Victoria Road, New Brighton, and open Thurs-Sat from 2pm. The venue offers artisan food, craft beer, fine wine, cocktails, retro pop art for sale on the walls, resident DJs, pop up events and more to be announced soon.

District House / 112 Victoria Road, New Brighton, CH45 2JF

FOR WHAT’S ON & TO ENQUIRE ABOUT HOSTING YOUR EVENT CHECK OUT DISTRICT HOUSE ON FACEBOOK & INSTAGRAM

Photographs courtesy of @erintylerfilms



Jayne is drawing on all her creative contacts and bringing some incredible music, art and culture to District House – with lots of exciting announcements and pop up events to come. Coupled with artisan food and drink, a great atmosphere – oh and not to mention the secret garden to the rear – it seems New Brighton has a new gem.



**la vida liverpool
MAGAZINE**

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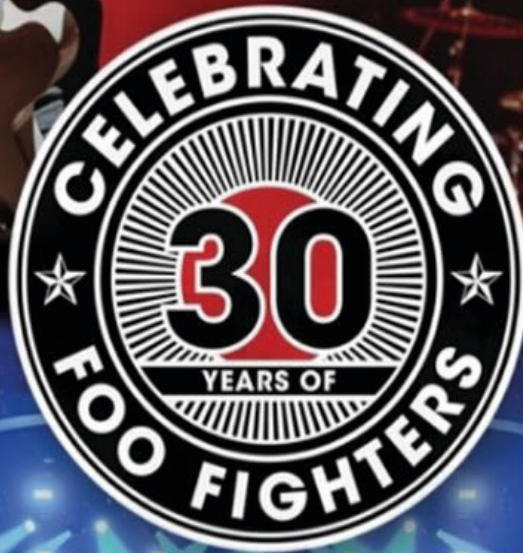


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WHAT'S ON MERSEYSIDE

- 11/01/25 **FUTURE RETROSPECTIVE**
ART EXHIBITION AT START YARD
- 11/01/25 **THE TIDAL SHIFT**
AVA FITZ, BREAD HOTEL, ESME EASTERAUGH, MYBACKPAGES,
AND NOAH BAYER KAY WITH NICOLA HARDMAN FROM WE WANT
WOMEN C.I.C. AT START YARD
- 18/01/25 **AMERICANA NIGHT**
NIGHT OF AMERICANA AT FUTURE YARD
WITH THE JESSE JANES BAND, THE CREAKIN' GATES, & LIZ OWEN
- 20/01/25 - 17/02/25 **WIRRAL UNDERGROUND ART SCENE**
ART EXHIBITION TOURING 2 LIBRARIES FOR 2 WEEKS EACH.
WALLASEY CENTRAL LIBRARY: 20/01/25 - 03/02/25
WEST KIRBY LIBRARY: 03/02/25 - 17/02/25
- 01/02/25 **XANDER & THE PEACE PIRATES**
LOCAL BLUES LEGENDS AT WEST KIRBY ARTS CENTRE WITH BBC
PRESENTER ALEX RILEY HOSTING A LIVE INTERVIEW
- 08/03/25 **INTERNATIONAL WOMENS DAY EVENT**
ANNOUNCEMENT COMING SOON
- 16/03/25 **NAVIGATION FESTIVAL**
FULL EVENT DEDICATED TO POETRY AND SINGER-SONGWRTIERS
- 22/03/25 **BIRKENHEAD BALLROOM**
WELSH BALLROOM COLLECTIVE (HAUS OF MILAN), GEN AND
THE DEGENERATES, HAUS OF CHAN AND GLORIFIED CABARET
BRING BALLROOM, VOGUE, PUNK, BURLESQUE, DRAG AND LIP
SYNC TO FUTURE YARD IN BIRKENHEAD.
- 28/03/25 **SUNGAZER**
SUNGAZER BRING PROGRESSIVE JAZZ FROM NEW YORK
TO FUTURE YARD WITH UK EXCLUSIVE MASTERCLASS
WITH ADAM NEELY AND SHAWN CROWDER
- 30/03/25 **THE BOO RADLEYS: WAKE UP!**
MERSEYSIDE LEGENDS PLAY A MASSIVE HOME COMING SHOW AT ROUGH TRADE
LIVERPOOL WITH LIVE INTERVIEW FROM BBC PRESENTER ALEX RILEY. THEY
WILL PLAY WAKE UP! IN FULL WITH THE LUNAR PAULL AS SPECIAL GUESTS
- 12/09/25 **JENNY COLQUITT**
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BIGGEST HEADLINERS YET
- MONTHLY **WORDSMITHERY**
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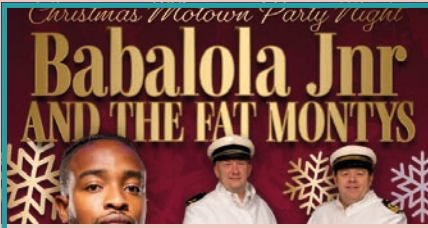


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What's On Guide



Christmas Fun Motown Party Night - The Fat Monty's - Babalola JNR plus Chinese Buffet

Friday, 20th December 2024



Ultimate Christmas Soul & Motown Show - Cris Quammie & Soul Sensation's - Chinese Buffet

Saturday, 21st December 2024



CECE Monsoon's Bingo Bash - XMAS Edition - DJ - Bingo - Food

Sunday, 22nd December 2024



New Years Eve 2024 - Matt Phillips - Chinese Buffet Included

Tuesday, 31st December 2024



Ultimate Soul & Motown Show - Ebie Isaacs plus Soul Diva Cherrelle

Saturday, 25th January 2025



Hello Felix - Ultimate 80's Tribute band

Saturday, 8th February 2025



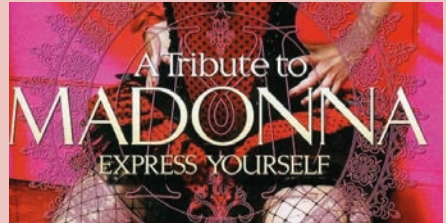
Ultimate Soul & Motown Show - Lascel plus Robin Lee

Saturday, 22nd February 2025



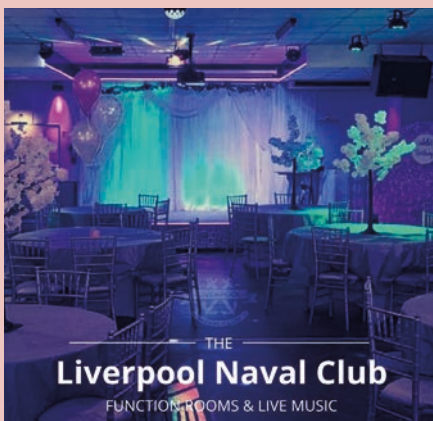
ABBARELLA - Ultimate ABBA Tribute Band

Saturday, 1st March 2025



Ultimate Madonna Tribute - Express Yourself Queen of Pop

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JAMES ATHERTON

What's on Guide



(Mad) Friday 20th 12pm- 2am

MUSIC- 80's mix from 8pm-2am

Sat 21st 12pm- 2am

Premier League Football- Aston Villa v Man City 1pm (TNT Sports)

Premier League Football- Crystal Palace v Arsenal 5.30pm (Sky Sports)

World Heavyweight Boxing- Oleksandr Usyk vs. Tyson Fury 10pm; For Usyk's WBA, WBC and WBO heavyweight titles (Sky Box Office)

MUSIC- 90's classics from 8pm-2am

Sun 22nd 12pm-midnight

Premier League Football- Fulham v Southampton 2pm (Sky Sports)

Premier League Football- Tottenham v Liverpool 4.30pm (Sky Sports)

KARAOKE- from 8pm-midnight

Mon 23rd 12pm-11pm

QUIZ- 7.30-10pm

Xmas Eve Tues 24th 12pm- midnight

MUSIC- 00's mix from 8pm-midnight

Xmas Day Weds 25th 11am- 11pm

MUSIC- Xmas tunes from 8pm-11pm

Boxing Day Thur 26th 11am- 2am

Premier League Football- Man City v Everton 12.30pm
(Amazon Prime)

Premier League Football- Newcastle v Aston Villa 3pm
(Amazon Prime)

Premier League Football- Liverpool v Leicester 8pm (Amazon Prime)

MUSIC- Funk soul classics from 8pm-2am

Fri 27th 12pm- 2am

Premier League Football- Brighton v Brentford 7.30pm
(Amazon Prime)

Premier League Football- Arsenal v Ipswich 8.15pm (Amazon Prime)

MUSIC- 80's mix from 8pm-2am

Sat 28th 12pm- 2am

MUSIC- Pop classics from 8pm-2am

Sun 29th 12pm- midnight

Premier League Football- Leicester v Man City 2.30pm (Sky Sports)

Premier League Football- West Ham v Liverpool 5.15pm (Sky Sports)

World Darts Championships- 7pm (Sky Sports)

KARAOKE- from 8pm-midnight

Mon 30th 12pm- 11pm

World Darts Championships- 12.30pm (Sky Sports)

Premier League Football- Man Utd v Newcastle 8pm (Sky Sports)

QUIZ- 7.30-10pm

New Years Eve Tues 31st 11am- 3am

MUSIC- Party classics from 8pm-3am

New Years Day Weds 1st 11am- midnight

World Darts Championships- (Quarter Finals) 12.30pm and 7pm (Sky Sports)

Premier League Football- Brentford v Arsenal 5.30pm (TNT Sports)

MUSIC- Chillout from 8pm-midnight

Thursday 2nd Jan 12pm- midnight

Scottish Premier Football- Rangers v Celtic 3pm (Sky Sports)

World Darts Championships- (Semi Finals) 7.30pm (Sky Sports)

Fri 3rd 12pm- 1am

World Darts Championships- (Final) 8pm (Sky Sports)

MUSIC- 80's disco from 8pm-1am

Sat 4th 12pm- 1am

Premier League Football- Brighton v Arsenal 5.30pm (Sky Sports)

Premier League Football- Spurs v Newcastle 12.30pm (TNT Sports)

MUSIC- 90's disco from 8pm-1am

Sun 5th 12pm- midnight

Premier League Football- Fulham v Ipswich 2pm (Sky Sports)

Premier League Football- Liverpool v Man Utd 5.30pm (Sky Sports)

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Sun 29th: 2024 Music Quiz

Xmas Eve Tues 24th: Andrew Neal

New Years Eve Tues 31st:
Charlie Devitt

Xmas Day Weds 25th- closed

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MUSIC & NIGHTLIFE

LIVERPOOL CHARITY SINGLE AIMING FOR CHRISTMAS NO.1

A Liverpool charity single is aiming to be Christmas No.1 this year. Always A Home (At Christmas) is the collaborative effort of music project, Primal Live, and features 18 artists who competed in the latest song contest at Camp & Furnace. Like the song contests, the single is raising money for The Whitechapel Centre's work helping the homeless.



Consisting of 3 acoustic guitarists, 2 electric guitarists, a pianist, a drummer, a violinist, a rapper and 18 singers, Always A Home (At Christmas) is a powerful song about homelessness and kindness at Christmas. The single is shortlisted in the official UK charts alongside the likes of Sam Fender and Linkin Park and has been featured by NME magazine.



The dynamic track is the latest evolution from the ground-breaking music project launched earlier this year. Primal Live provides music artists with a 7 week development programme before giving them a platform to compete in a huge song contest at Camp & Furnace that raises money for the Whitechapel Centre – with over £8,000 raised to help the homeless so far.



The project has now partnered with the international music college, the SAE Institute, thanks to the Liverpool college's Senior Music Business Lecturer, Duncan Lewis, and winners of the song contest receive studio recording time. Primal Live not only provides artists with support and guidance from industry experts, it offers them a platform and a chance to take their music to the next level.

Primal Live Founder Andy Sampson said: *"It's been an amazing journey so far this year and the concept has exploded beyond our dreams – we're overwhelmed with the amount of applications from artists and there's such incredible talent coming through. Each artist is unique and many have overcome their own adversities and it's a pleasure to help them develop whilst raising money for an important cause."*



Co-Founder Samantha Sampson said: *“The charity single was a natural progression of our project and was suggested by one of the artists, Jess Littleton. It was written by the winner of our second song contest, Sam Leyden, and it’s such a powerful song – we’ve cried listening to it and we’re so proud of all the artists who have worked hard to put it together. Hopefully with the public’s support we can make it a Christmas No.1!”*

Always A Home (At Christmas) is available to stream on all platforms and all revenue received from plays will be donated to The Whitechapel Centre for the homeless, meanwhile there’s also a Just Giving page for donations too. Primal Live are encouraging the general public to listen to the single as much as possible in the effort to become the Christmas No.1 in 2024.



Always A Home (At Christmas) / Primal Live

SCAN THE QR CODE TO READ THIS ARTICLE ONLINE, FIND THE SINGLE ON SPOTIFY AND TO DONATE.

To get involved in Primal Live or attend the song contests visit primallive.co.uk

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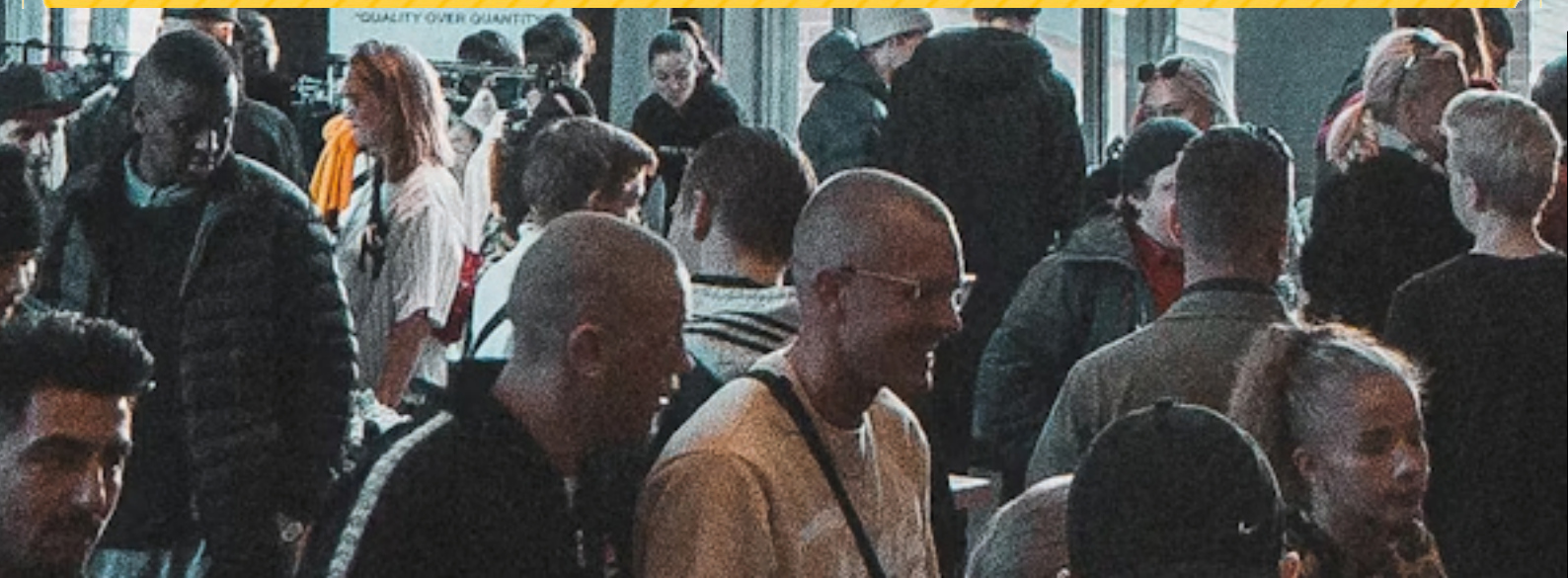
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ARTS & CULTURE

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ARTS & CULTURE

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Welcome to La Vida Liverpool's art gallery, where we showcase some of the incredible art from our region's finest artists! From abstract and modern to watercolour and canvass, we bring you ingenious creations from local artists every quarter.

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To submit your art for future editions please email lavidaliverpool@gmail.com



ARTS & CULTURE

PHOTOGRAPHS OF THE QUARTER

In this section we showcase some of the wonderful photographs from local photographers. The Liverpool region is a photographer's paradise -- from urban and industrial backdrops to stunning coastal settings. Our area inspires many local photographers and in turn they inspire us with their captivating captures. So sit back, relax and enjoy this season's selected photographs....

NICK MIZEN

www.nickmizenwedding.co.uk



To submit your photographs for future editions please email lavidaliverpool@gmail.com



ARTS & CULTURE

POETS' CORNER

The Liverpool region isn't short of wordsmiths and in this section we bring you a poem from one of our region's greatest wordsmiths. From the poignant and profound to the silly and surreal, here you'll find poetry at its finest...

New Brighton, targeted over and over by painted lightning

*Thunderstruck buildings Cacophony of
colours including Bolt from the blue That looks so striking*

*Stroked, sprayed overlaid dogs Guided by
the Gods Leading musicians to play The walls rhythms*

*The streets create the festivals The houses are the
stages A journey for the rock n roll A journey of the ages*

*Meanwhile... A painter pens an artist The Murals
light the darkness Victoria Road itself launched shaded colour
grenades*

*The isometric patterns joining the parades Positive vibes form
positive tribes While dancings around kaleidoscopic poles*

*Crescendoing artists with artistic souls Inspire up and coming
Poets to write Poetic prose.*

KIRK PARKINSON

To submit a poem email lavidaliverpool@gmail.com

GED SAID



Ged Thompson is a one-man literary force, a world-renowned performance poet, storyteller, author, and a true bard of the oral tradition. His titles including 'Middle Earth Magic' & 'Diaries of A Man Who Believes in Angels' have touched the hearts and minds of readers around the globe, daring them to hope, to love, and to be kind – wherever and whenever they can.



RespectA!

It's been a day. Not a bad day, or a good day, just a day. Some things went right, and some things went wrong. I just paddled in it, but by the end of it, I was pretty much even-stevens with the day. Today I was working in a Bulgarian couple's flat, doing some electrical work. I've been dealing with loads of Bulgarians lately. I like them, their homes are always spotlessly clean, and they're becoming more and more warm to me. There's a whole extended family of them that live in the same street where I'm doing lots of work in L6.

They were standoffish at first, but the barriers are breaking down, and today I was getting offered food and stuff. The couple who's flat I was in were pretty cool, they liked me because I fixed their cooker for them. I was chatting to the guy, who drives for Uber-eats of an evening, he was telling me about Bulgaria; the monetary and political situation, and encouraging me to travel there. He said he'd point me in the right direction if I wanted to go, I thought it might be a nice quest to go on next year.

When I was leaving, I said to them "Ok Mum and Dad, I have to leave home now and find my own place, I'm going to miss youse, thanks for looking after me" they both started laughing with me, but we all knew I had been a little bit adopted for the day.

They didn't laugh in Bulgarian, I guess laughter is a universal language. (God that's a good line, I'm getting good at this writing thing!).

As I was loading my tools into the van, all happy to have spent the day with my adopted Bulgarian Mum and Dad, I made eye contact with a Rasta guy who was bouncing down the street with a bit of funky stride on, we smiled at each other. "Eilllo King!!" He bellowed at me, then he beat his heart two times with his inside of his closed fist and exclaimed "RespectA!" to me, in a deep stentorian voice. And I thought 'what a great hiya that was!' He bounced on.

On the way home I stopped at the View, up at Everton Park. It was golden hour. On one side of me I could see the sun setting over the city, and on the other there was a massive visible full moon. I was watching the city, thinking how Liverpool is like a parent to us too. It looks after you, it's proud, it wants you to do well. This City adopts, it always has, and it's always been better off for it. I'm a child of this City, we all are, and it doesn't matter what colour you are, or who you pray to, or where you come from. Scousers only really have one true prejudice...

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PEOPLE & LIFE



la vida liverpool
MAGAZINE

LA VIDA TALKS TO WIRRAL MAYOR CHERRY POVALL!

WIn this La Vida Liverpool exclusive, we talk to Wirral Mayor Cherry Povall to learn more about her and her role as Mayor. A trailblazing female Mayor, Cherry is forward-thinking, committed to promoting Wirral and works hard to help people, businesses and good causes. Here's what she has to say...

During this period I also returned to University and obtained an Honours Degree in Law. I worked briefly as a solicitor but life intervened and my husband died. I carried on running the business with my daughter. I became a Councillor and have been one of the Councillors For Clatterbridge Ward for 17years.



LA VIDA: So Cherry, please could you tell us about yourself and your life before becoming Mayor Of Wirral?

MAYOR POVALL: *I have had a career where I have worn lots of different hats. I came to Liverpool to Teachers Training College and taught in several schools in Liverpool and Cheshire. My Husband came out of the Army and we bought our first Newsagents shop and I gave up teaching. We went on to own and run five shops and a Post Office. During this time I was appointed as a Magistrate and served 33 years on the Bench.*

LA VIDA: How and why did you become Mayor? Can anyone become Mayor and could even I apply one day?

MAYOR POVALL: *Because I have served as a Councillor for 17 years I was elected by the Council to become Mayor. You have to be an elected Councillor in order to become Mayor, so you have some work to do first Justin!*



LA VIDA: What is the role of Mayor Of Wirral exactly? What is the job description and what powers do you have?

MAYOR POVALL: *The Mayor is considered as the first citizen of the Wirral and Armed Forces Champion, I also carry out the Citizenship Ceremonies once a month welcoming new residents to Wirral and my job is also to represent the people of Wirral at official functions and tell the rest of the world what a great place Wirral is to live and work in. I'm trying also during my year of office to promote Wirral as a tourist destination. My job is also to Chair the Council Meetings and receive any visiting dignitaries.*



LA VIDA: What is a typical day like in your role?

MAYOR POVALL: *In addition to the above, I am also incredibly busy visiting all kinds of projects, schools nursing homes etc and I have in fact carried 228 engagements since I became Mayor on 15th May 2024. The ability to eat enormous amounts of cake and drink copious amounts of wine also seems to be one of the main qualifications to be Mayor! I have engagements almost every day seven days a week and up to five engagements per day but three generally is the average number.*



LA VIDA: What are your main objectives and what would you like to achieve during your term?

MAYOR POVALL: *I am very concerned with boosting the Tourist Economy in Wirral so that all our businesses benefit from the fabulous offer we have in Wirral – whether it's our heritage, our coastline, our parks or our fabulous countryside or golf courses. We have so much to offer that Wirral has become a best kept secret and we need to find a way to tell the rest of the world that we are the place to visit.*



LA VIDA: Tell us a bit about your charity initiatives and events

MAYOR POVALL: *My chosen Charities this year are IncuBabies and the Blind Sailing School and hopefully lots of the other small charities on Wirral that do not get the recognition they deserve. I am particularly keen to support charities without paid staff run purely by volunteers.*

IncuBabies is about our local hospital Neo-Natal Unit helping achieve a complete refurbishment bringing it into the 21st century. The staff do incredible things there saving the lives of tiny pre-term babies and to give them modern facilities will just enhance the work they already do.

The Blind Sailing School is based on the river at the Tranmere Sailing Club. The volunteers do an amazing job giving Visually Impaired people the experience of sailing in the river but also taking them once per year to Windermere and to the Menai Straits. Their charity is helping combat social isolation and providing undreamed of experiences.

LA VIDA: And of course, your best friend and Mayoress Sheila Clarke MBE does great work too doesn't she?

MAYOR POVALL: *Sheila is amazing! In June 2004 she was elected as Councillor for the Bebington ward, which she served for eight years. During her time as a Councillor, she specialised in Children Services, which included Wirral's Adoption Panel, schools, youth provision, children centres, special education needs, and all aspects of children's social care.*

Sheila is also a longstanding Independent Member of Wirral's Fostering Panel with over 20 years' experience and retains a keen interest in education, in particular early years development. She is a trustee of two charities. One of these is IncuBabies, which she co-founded as a result of the care that her daughter and grandson received and is very close to her heart.

She is a member of Bebington Soroptimists and a member of the management committee of her Church Community Centre. In 1992 she was awarded an MBE for Community and Political Service.



LA VIDA: Finally, a message to the people of Wirral?

MAYOR POVALL: *I feel that if during my year in office if I have been able to promote Wirral by telling anyone who will listen what a fabulous place we live in, and also been able to promote the value and rewards of volunteering, I will have achieved something. This is everyone's job too – we live in such a beautiful place, we just need to shout about it and get people to visit, and not just for big events such as the golf.*

TO CONTACT MAYOR POVALL EMAIL
cherryrovall@wirral.gov.uk

Photos courtesy of Paul Stead and Mayor Povall



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FROM A COUNCIL ESTATE TO ETHICAL PROPERTY INVESTMENT ENTREPRENEUR!

A Wirral mother of two has become an award-winning 'ethical property investment entrepreneur' despite being raised with little money on a Liverpool council estate. Through her company, Home Property Solutions, Shirleyann Haig offers vendors a quick sale at market value – without evicting tenants in the process.



A self-made entrepreneur, Shirleyann has a portfolio of 17 properties and manages 60 for others throughout Merseyside. She buys properties from vendors at full market value without any hidden fees, ensuring a quick sale, and also specialises in buying off landlords – allowing tenants to remain in their homes. Meanwhile, she offers ethical property management and lettings with low management fees.



Based in Heswall and with a new office in West Kirby, Shirleyann is the epitome of a successful businesswoman however she has had to work very hard to get there. Growing up in Huyton and experiencing poverty and bullying, as a child she had to study hard – eventually achieving a post graduation degree in pharmacology and landing a high flying job in the industry.

After years of hard work and saving, Shirleyann got into property investment – offering people fair amounts for their properties and refurbishing them to a very high standard before selling them or renting them out. Within 4 years she had 17 properties in her portfolio and founded Home Property Solutions – specialising in ethical property investment and helping others invest in the same way.



Shirleyann explained: *“Life growing up was tough. In school I was nicknamed ‘pizza face’ due to my acne and was also bullied because of my mullet. My parents divorced when I was a baby and I was raised by a single mum in poverty – my brothers were in and out of jail with addictions whilst I got arrested at 13 and was clubbing by the time I was 14. I knew I had to change.”*

She continued: *“I joined an after school club and started studying really hard – it became quite addictive. I aced my GCSEs and was selected by the Prince’s Trust to go round the country telling my success story to head teachers. I gained a 2.1 Degree in Illustration at Portsmouth University and a Post Grad Diploma in Pharmacology and Clinical Research – I landed a high paid role and soon discovered property investment.”*

Whilst her friends were partying, as a young woman Shirleyann was painting walls and refurbishing houses. She met her partner, got married and had two children, although had to re-invent herself again after challenges raising neurodivergent children took a toll on the relationship, leading to divorce. This didn't hinder Shirleyann's drive though – in fact, she became even more successful.



Shirleyann explained: *“My upbringing instilled a strong work ethic into me and made me realise I can overcome any hurdle put in front of me. Home Property Solutions has become my passion and I'm proud to offer ethical property investment – giving vendors the value they deserve, keeping tenants in their homes and showing others how to invest. I have a great team around me and life is good.”*



Today, Shirleyann's ethical property business is thriving and she is using her story and journey as a vehicle to help and inspire others. She has founded Inspiring Women Wirral – a female entrepreneur group that empowers women. She has also Co-Founded Inspiring Minds CIC – an organisation that helps people cope with neurodiversity and financial freedom. She's also working on a couple of books.

Shirleyann summarised: *“I haven't had any handouts or short cuts – it's purely been hard work and a determination to overcome adversities and I want to use this to help and inspire others. Through Home Property Solutions I help others become successful*

and ethical property investors, whilst Inspiring Women Wirral is an amazing group of women and is going from strength to strength.”



She continued: *“Big things are coming from Inspiring Minds CIC too, with a book in the pipeline about raising children with neurodiversity. It's written by parents for parents and will be full of invaluable advice through lived experience. I've recently been diagnosed with ADHD myself which explains a lot in hindsight. Ultimately, I want to show people that through hard work your circumstances don't have to define you.”*



Shirleyann Haig is an 'ethical property investment entrepreneur' despite being raised with little money on a Liverpool council estate. Through her company, Home Property Solutions, she offers vendors quick sales at market value – without evicting tenants in the process. She is also the Founder of Inspiring Women Wirral and Inspiring Minds CIC.

Shirleyann Haig / Home Property Solutions / Inspiring Women Wirral / Inspiring Minds CIC

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HEARN'S HISTORY: THE LOVELY LIVER BIRDS OF LIVERPOOL!



In this regular La Vida Liverpool feature, guest writer and historian David Hearn educates us on some fascinating local history. With a wealth of knowledge, David gives talks and walking tours on subjects such as the history of Liverpool, wars, slavery, maritime, Liverpool's links with America and more. In this feature he talks us through the lovely Liver Birds of Liverpool....



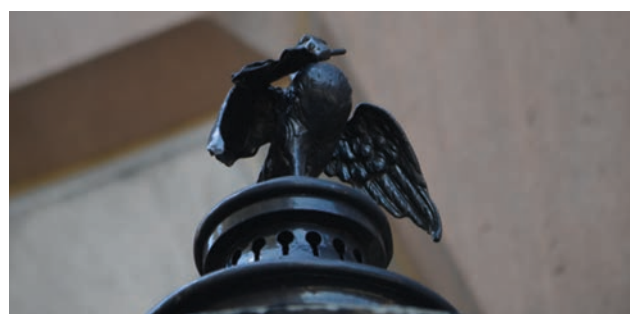
There are many images that make Liverpool famous around the world but, surely, one of the most iconic must be the Liver Birds perched high on the Liver Building. The female Liver Bird looks out to sea anxiously awaiting the return of their loved ones from their adventures around the world while the male Liver Bird, far more practical, looks across the city to see if the pubs are open. These Liver Birds have stood over Liverpool since 1911 and were designed by German designer Carl Bartels.



You may think that at 5.5 meters the Pier Head Liver Birds are the biggest in Liverpool but that honour goes to a much more recent sculpture. The Meccano Liver Bird, designed by Merseyside sculptor and artist Emma Rodgers, is 11 meters high and honours not only the history of Liverpool but also the memory of one of its famous sons, Frank Hornby who invented the world famous construction toy.



Outside the Town Hall at first or even second look you are hard pressed to find a Liver Bird but there is one. If look very closely you will find one very small Liver Bird. Looking at the building from the front look to the left face and you will see a door that leads to an arched metal frame in the railings surrounding the building. On the top of the arch is a lamp and on top of that lamp is a very tiny Liver Bird.



Surely everyone around the world who is interested in football will be familiar with the Liver Bird on the crest of Liverpool Football Club but if you visit Goodison Park on the outside of one of the stands is a banner reminding everyone of Everton's first League Title in 1891 and on that banner is a medal from that year showing a Liver Bird surrounded by a laurel wreath of victory. Both our great teams reinforce the importance of the Liver Bird to the city.



How many of you have noticed the Liver Birds on the Mersey Tunnel ventilation building at George's Dock on The Strand? I'm fairly sure that you will all have seen them but you would be entirely forgiven for not recognising them as Liver Birds.

High on all four sides on the ventilation tower itself you will find two Liver Birds. But they are so high up you need better eyes than I have or a camera with a long lens. The Liver Birds are seen from the front rather than for the side as they are usually portrayed. Their wings are raised on both sides and their head, complete with a crest, are between their wings.



Over the doorways on the wonderful Herbert Rowse designed building on The Strand you will also find Liver Birds but, again, they are not immediately recognisable. If you look closely however you can see the pointed beak, eyes and outstretched wings of a Liver Bird which is flying straight towards you.



Above the arched window on the right hand corner of Compton House (the former home of Marks & Spencer) you will find a modern bas-relief of two Liver Birds flanking a friend of theirs, an American bald eagle. Compton House was at one time the Compton Hotel and the building still has the British royal arms on one corner and the arms of America on the other but Liverpool has many, historical and cultural links with America so it is entirely appropriate that Liver Birds are portrayed with an American eagle.



If you have used Central Station during the last 10 years I'm sure that you could not have missed seeing this Liver Bird even though it has moved around the shopping area outside the station a few times. The Liver Bird which is called "The Spirit of Liverpool" and was conceived by Liver Bird Inc., funded by the Liverpool Commercial District Partnership and is in memory of the late Paul Rice, the partnership's former chief executive. The sculptor was Rick Myers.



Not all Liver Birds are old. It is, perhaps, not surprising that Liver Birds are used in advertising in and around Liverpool. One obvious place that you would expect to find a Liver Bird doing some advertising is the coffee shop at the Royal Liver Building where they will even put a chocolate Liver Bird on your Cappuccino! Liverpool City Sights bus tour has a very up to date Liver Bird on its buses – the Liver Bird is concentrating on the commentary which it is listening to on headphones.



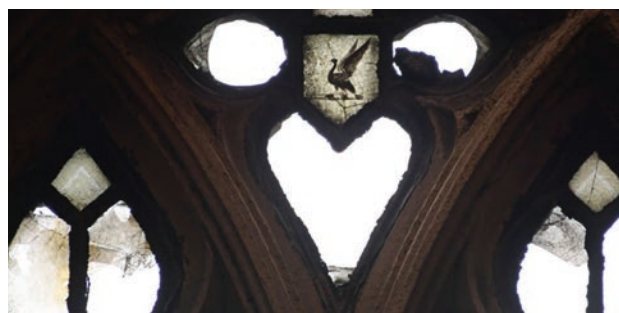
Liver Launderettes are the largest operators of launderettes in the UK and they have used a Liver Bird as their logo since the 1960s. St George's Hall has dozens of Liver Birds but one that needs to be seen is this wonderful gold Liver Bird on the inside of the doors to the main hall. The Liver Bird is coming towards us and has its wings stretched out.



Liverpool does not have a monopoly of Liver Birds. These examples can be found on the Wirral: Hoylake Sailing Club on the promenade in Hoylake boasts these two great examples. The dappled sunlight on the sign of the Royal Mersey Yacht Club in Rock Ferry. Home of the Open Golf championship on a number of occasions, the Royal Liverpool Golf Club can be found on Meols Drive between Hoylake and West Kirby.



Finally, I have a favourite Liver Bird. Dating from 1831 it is an early depiction of a Liver Bird and it is only tiny, stained and broken but that is not surprising when considering what it went through some 80 plus years ago. This Liver Bird is in St Luke's Church at the top of Bold Street. St Luke's was reduced to a shell in the May Blitz of 1941 but this Liver Bird survived.



There is a Liverpool saying that if the Liver Birds ever leave then Liverpool will fall. May 1941 was perhaps Liverpool's darkest hour and St Luke's symbolises how close the city came to falling but it didn't and this tiny Liver Bird is a symbol of how Liverpool survived everything that was thrown at it.



Main image credit: Ian Fairbrother



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PEOPLE & LIFE

OWENS FUNERAL DIRECTORS TO KEEP PRICES LOW FOR FAMILIES

Wirral's ethical funeral directors, Owens, are keeping funeral costs to a minimum for families to help combat the cost of living. The multi-award winning family business based in Liscard is rated Best Value and Best Rated on The Funeral Guide comparison site and has almost 250 5 star reviews and touching testimonials.



With an ethical ethos, Owens go above and beyond for people in their time of need and have gained a reputation for being Wirral's No.1 funeral directors for both service and value. They have recently been given a Certificate Of Excellence from Three Best Rated for the 4th year running.



Yet, whilst many other funeral directors are increasing their prices, Owens remain are keeping their costs to a minimum. As stated in a recent report by SunLife, funeral costs

have risen 126% since the first funeral cost study over 20 years ago and in 2023 the average funeral cost £4,141 – 4.7% more than in 2022.



The best value in Wirral, Owens' direct cremation price is £1,089 inclusive of the cremation fee at Anfield Crematorium and £1,170 inclusive of cremation fee at Landican Crematorium. This includes a standard traditional coffin, hearse and a silk floral tribute to dress the coffin. As a comparison, Dignity comes in at £1,295, Co-Op at £1,350 and Pure Cremation at £1,395 – all correct at the time of writing.

Owens go above and beyond wherever possible – they can take finger prints and other personal keepsakes and can place personal keepsakes with the loved one on their final journey. There are payment plans available as the family understands that dealing with loss and grief is very difficult in itself, without the added financial stress that a funeral can bring.



The family are also keen to keep funeral care independent, personal and local – as opposed to people going to big national online companies. Some of these companies are not even registered funeral directors and provide a transfer service to many locations across the country. Owens guarantee a personal and professional local service ensuring the loved one will remain in their care from the first point of contact until the day of the cremation.

Owens' Lorraine said: *"At Owens we pride ourselves in our family looking after your family and providing an outstanding level of care and compassion. We pride ourselves in never overselling on products or services – we are very mindful of the rising costs and we guarantee your loved one will remain in our care from the first point of contact until the day of their final journey."*



Whilst Owens offer the lowest cost funerals in Wirral, they also deliver the best service. One of the things they offer is a 'memory tree' at their Liscard premises – with a personal bauble dedicated to each loved one they look after – and they also provide families with Forget-me-not seeds.

They also have a bespoke jewellery service where Alex personally handcrafts ashes into beautiful, personalised pieces and they completely self-fund a memorial service every December for all the families who have lost loved ones. The annual memorial service takes place at St. Alban's church in Wallasey and each family member can take away a bauble after the service to place on their Christmas tree at home.

Wirral's ethical funeral directors, Owens, are keeping funeral costs to a minimum for families to help combat the cost of living. The multi-award winning family business

based in Liscard is rated Best Value and Best Rated on The Funeral Guide comparison site and has almost 250 5 star reviews and touching testimonials.



Owens Funeral Directors / 15-17 Liscard Village, CH45 4JG / 0151 372 1000

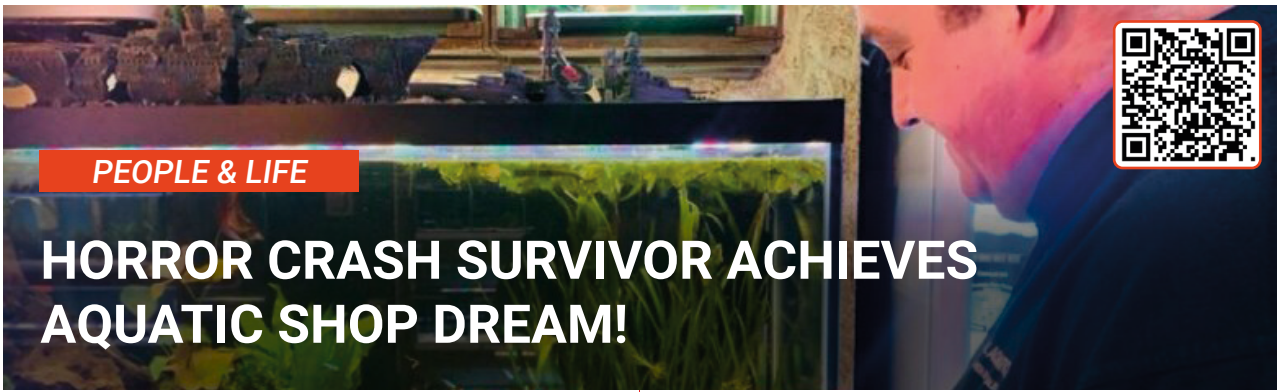
FOR A FREE CHAT CALL OWENS ON 0151 372 1000 OR VISIT WWW.OWENSFUNERALS.COM

Check out Owens on FACEBOOK



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PEOPLE & LIFE

HORROR CRASH SURVIVOR ACHIEVES AQUATIC SHOP DREAM!

A horror car crash survivor from Wirral has achieved his dream of opening an aquatic shop after spending 6 years in a wheelchair thinking he'd never walk again. Stephen Halsey, 38, has opened Wirral Aquatics in Moreton and says business is booming since pursuing his childhood dream.



Based on Upton Road near Moreton Cross, Wirral Aquatics opened in September 2024 and features over 100 tanks of tropical fish for sale – with the aim of supporting UK breeders and giving them a platform. What started out as a hobby for Stephen has turned into a fully fledged business and his new shop has already developed a fantastic reputation amongst tropical fish enthusiasts.



Until now, the idea of Wirral Aquatics was purely a pipe dream for the father of two, following a horror car crash in 2016. The shocking crash caused him to lose sensation from his left hip down, with severe PTSD, and he was unsure if he'd ever walk again—what followed this was a miraculous odds-defying journey of grit and determination.



It took a while for Stephen to adapt to his new restrictive way of life but sought help from his wife, a trained physio, and his mother-in-law, an occupational therapist. Determined to walk again, he attempted to build back the muscle mass through exercises and a 'hop and drag' technique to re-train his muscle memory. After 7 years of sustained effort, he was finally able to walk again.



Stephen said: *“My love of fish started at an early age, as my father used to take me to different fish shops on Saturdays. I always had a tank growing up. Fish have always had a calming effect on me and have improved my mental health. This proved critical during my rehabilitation process following the crash which hugely helped with my PTSD and depression.”*

He continued: *“After being told I'd probably never walk again, I made it my mission to prove the doctors wrong. My wife, her mother, friends, family and the NHS were all amazing and despite the PTSD and night*

terrors, I exercised every day and learnt to play wheelchair rugby – managing to play Internationally for Wales in the 2021 World Cup. I turned to my passion for tropical fish and during lockdown I amassed 100 tanks in our home based fish room. That project kept me going and got me through it all.”



Since taking his first proper steps again in January 2023, Stephen has developed a new appreciation for life – doing ‘firsts’ with his family such as walking in places he only ever visited in his wheelchair. It was this new-found lust for life that prompted Stephen to pursue his childhood dream of opening his own tropical fish shop – turning his hobby at home into a business that’s become more successful than he ever imagined.



Stephen explained: *“Having your life turned upside down and being told you’ll probably never walk again, then finally defying the odds after 7 years of persistence and sustained effort – it does something to you. I’ve always worked in care and have loved my job doing that but after gaining my life back I realised you only live once and decided to take the leap of faith by opening the shop.”*

He continued: *“Opening Wirral Aquatics is a dream come true and the first couple of months have been overwhelmingly successful. We have a revolving range of beautiful fish and people have been travelling from far and wide as word*

has spread about us. We work ethically, supporting UK breeders who are also ethical. Every day is a gift and I’m so grateful for the support of our customers and the Moreton community.”



Wirral Aquatics is based at 20 Upton Road, Moreton, and is open 6 days a week (closed Mondays) – stocking a revolving range of tropical fish, tanks, accessories and food. When visiting, be sure to say hello to Kevin the Mbu Puffer fish – Stephen’s best friend and the largest type of freshwater puffer fish of his kind, hailing from the rivers of Africa!



**Wirral Aquatics / 20 Upton Road,
Moreton, Wirral / 07946 659242**

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and INSTAGRAM**

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PEOPLE & LIFE

MEET JESS WHO IMPROVES CHILDREN'S MENTAL HEALTH WITH POSITIVITY CLUB CIC!

A woman from Wirral is improving children's mental health through fun, interactive workshops geared around positive mental health and wellbeing. Jessica Trigg, 34, launched Positivity Club CIC in 2020 during lockdown and has since helped improve the lives of around 2,000 children through her vital work.



Committed to combatting the child mental health crisis, Jess gives children the tools required to lead happy lives. Through sessions and workshops in primary schools and after school clubs, Jess teaches children about subjects such as feelings, love and self-love, kindness, anger, worry and gratitude – delivered through fun and engaging games.



With incredible feedback from teachers, parents and children, Jess' work bridges the gap at a time when it's truly needed. According to a recent study, one in six children aged five to 16 were identified as having a probable mental health problem and just over one in three children and young people with a diagnosable mental health condition get access to NHS care and treatment.



Furthermore, according to Children's Society 50% of all mental health problems start by the age of 14 and according to Children's Society 39.2% of 6 to 16 year olds had experienced deterioration in mental health since 2017. These alarming stats make Jess even more determined to deliver her workshops and reach out to as many children as possible.



Jess explained: "I started Positivity Club CIC because I have lived with anxiety and depression from childhood and I wanted children to understand that they are not

alone. From working with a broad range of children for over 16 years, across early years to teenagers and even teaching in Thailand and volunteering in Australia, I have developed an understanding of how to make mental health fun."

She continued: "I believe by creating engaging activities around serious topics inspires learning and instils coping strategies. When the children learn that I struggled too, it creates a special bond on understanding and like-mindedness."



Profound feedback for Positivity Club CIC has been flying in – with many parents and teachers stating that they've noticed some really positive changes in children. With one-third of mental health problems in adulthood directly connected to an adverse childhood experience and mental health an increasing problem in society, working with children from an early age is key.

Vicky, family support worker at Kingsway Primary School, said: "Jess is absolutely amazing and inspirational to young people she turns up with a huge smile on her face and as soon as you see her you start to feel positive straight away. The children love Tuesday and really look forward to her coming in. Afterwards they are so happy and excited to tell us what they have done."

She continued: "Jess is fantastic with children she has the natural ability to put them at ease and happily chat away to her. Our children love positivity club and talk so much about it we have other children asking from other year groups if they can join in too."

Erin, class teacher at Hoylake Holy Trinity Primary School, said: "It is brilliant to offer Positivity Club to the children at Hoylake

Holy Trinity. The values and skills that Jess teaches, through engaging and varied activities, are so important to our pupils."

She continued: "At our school we value the development of the whole child, and teach them to recognise and regulate their feelings and emotions – Positivity Club is the perfect after school club to support this. Jess is hugely knowledgeable and is a warm, engaging, ray of sunshine and we're very lucky to have her as part of our school community!"

In addition to the wonderful Positivity Club events, Jess also runs a child/parent group on a Friday at Equilibrium Northwest CIC in Birkenhead called Happy Minds and 1:1 sessions at ABC Children's Centre in Moreton and sessions in nurseries. She also runs Time For Tea adult support group every other Wednesday at 6.30pm at Lateral in West Kirby – improving the mental health of the wider community.



Positivity Club is delivered in pre-school nurseries and schools and also outside of school hours on Saturday mornings at St. Caths in Hoylake, on Wednesday afternoons at Holy Trinity in Hoylake, on Thursday afternoons at Corner House CIO in Birkenhead. Meanwhile, a Time For Teens group at St. Luke's in Hoylake works with teenagers.

Follow Positivity Club on FACEBOOK and INSTAGRAM

FOR A FREE TRIAL FOR YOUR CHILD OR TO DISCUSS SCHOOL WORKSHOPS CONTACT JESS ON 07377122156 or email positivityclubwithjess@gmail.com



LINDA B: ACHIEVING HAPPINESS IN A CONNECTED YET DISCONNECTED WORLD

Welcome to our quarterly feature from our resident life coach, Linda B! Linda B is a leading international life coach from Iceland and is a LET Communication Consultant, Trauma Resiliency Model expert, Former President of the Icelandic Coaching Federation and Board of Icelandic Women's Business Association.

We met Linda whilst working with global charity, The Unity Of Faiths Foundation, as she was one of their Ambassadors. Linda is an inspiring woman with a wealth of knowledge about social issues and she is also a published author. Her latest book, *Book Of All Seasons*, is a book of useful life advice and quotes and has been met with critical acclaim globally. Here's her latest La Vida feature....

In today's world, we live in a paradox. We are more connected than ever before, thanks to technology, social media, and instant communication, yet many of us feel lonelier and more isolated than at any other time in history.

This hyper-connectedness often masks a deeper disconnection from us, from meaningful relationships, and from the present moment. As we navigate this digital age, finding true happiness requires us to look beyond the surface and embrace practices that foster real connection, both with others and within ourselves. Over the years I have discovered what matters the most to me in life, and I have found that I strive to enjoy the smallest of moments wherever I find the opportunity, and to live in peace no matter how my circumstances might be at.



To be able to follow those decisions I have also decided to only stay where I feel comfortable and do only what I feel comfortable doing and or being, I think this saves me from a lot of feelings that bring me down. What other people think or not think

about me is simply none of my business, because in the grand scheme of things, it has nothing to say about my existence and my life.

Eleanor Roosevelt once said that no man can put you down or hurt you without your consent, and I've found that there is quite a bit of truth to her words. This life that we are granted is so very short! It's like we are on a fast forward track through it. Having only this short life to live is a big deal, and when we fully wrap our heads around that thought, it should move us to the point of wanting and choosing only the best for the rest of it.

But why don't we choose what's best? All too often I think we don't feel we deserve good things, and I often think that other people's definitions of us puts us into places that are unhealthy for us. All too often we listen to people that do not wish us well, and through their words we experience ourselves as not enough or far too much of something, and therefore we feel like we do not deserve the best life has to offer.



I encourage us to remember to value ourselves, to always choose only the best for our lives, and to turn away from situations that are harmful to us. We always have a new beginning in the present (that's why it's called the present) and we should certainly take advantage of it to create the future we desire to have.

Are you at a point where you know what direction to take, or are you at a point where you let your suffering suffice every day? I encourage you to look at who you want to be and chart your course accordingly to that.



Life is constantly bringing new challenges to us in the form of broken hearts and hurt emotions, but we can choose how we handle them, and we have the power to choose emotions that make us stronger, better and more mature individuals. Let's choose, dear friends, to grow in times of life's challenges instead of bowing down.

We are sometimes reluctant to look at issues from many angles, and that gives us a distorted picture of what is. Let's open our minds and expand our vision before we decide our attitudes towards the issues. There are the most amazing doors that open when we start believing in our power and abilities, and our lives can take an amazing turn in a short period of time.

There is magic involved in expecting good changes and things. Don't listen to those who tell you something can't be done, keep trying and see, it will eventually pay off if you believe in it. We are so often looking for the happiness that comes with perfection, and that is why it is so difficult to experience it - happiness lies in the small and everyday moments.

We experience sadness, anxiety, depression, rejection and many other unpleasant

feelings at one point or another in life, but we can still choose to enjoy the joy of life despite those circumstances. Prioritize quality over quantity when it comes to relationships. Spend time with loved ones, engage in genuine conversations, and be fully present when you're with others.

Practice digital mindfulness. Set clear boundaries for how and when you use technology. Take breaks from your devices, especially in the evening, to protect your mental health and allow your brain to recharge. The irony of our happiness pursuit is that happiness can only truly be found in the present. Practicing mindfulness and present-moment awareness can help you reclaim your joy.

Gratitude rewires the brain, helping us focus on the positives and fostering a deeper sense of happiness, so practice everyday gratitude and find at least 3-6 moments or things that you can be grateful for. Foster community and belonging despite the ease of online communication, many people feel isolated because they lack a true sense of community. Humans are wired for connection and belonging, and finding or building a supportive community is essential for happiness.

By consciously choosing to connect with others and us on a deeper level, we can navigate the digital age without losing sight of what truly brings us joy. Happiness is a practice, not a destination. It's about finding balance—between online and offline, between connection and solitude, and between external validation and inner fulfillment. When we strike this balance, we find that happiness was never far away; it was always within reach.

Until next time,

Linda B

CHECK OUT LINDA'S BOOK OF ALL SEASONS ON AMAZON! FOR A FREE LIFE COACHING CONSULTATION CONTACT HER ON FACEBOOK!

LA VIDA LIVERPOOL WEDDING GUIDE 2025!

This year it's been great to join forces with the amazing Lindsey and Vikki from The Wedding Show as their official Media Partner! The dynamic duo host incredible wedding show events in stunning venues across the region, including huge showcases at The Exhibition Centre – featuring some of the best local wedding suppliers.



At their amazing events you'll find many different suppliers, as well as catwalk shows, live music, VIP experiences and more – taking the headache out of wedding planning with everything all under one roof. With that in mind, in this La Vida Liverpool special we've decided to create a La Vida Liverpool Wedding Guide where we showcase some incredible local suppliers....

To book your place at a wedding show visit the-wedding-show.co.uk

Abba Cakes

Since opening her gorgeous little bakery, Abba Cakes, on Market Street in Hoylake November 2022, Laura Alejandra has been taking the wedding cake world by storm! Since opening 2 year ago, she has provided over 1,000 bespoke cakes for weddings and celebrations, and has received countless cards from happy customers. With many 5 star reviews, Abba Cakes' incredible attention to detail ensures your wedding cake is absolutely perfect!



Visit www.abbacakes.co.uk or call 07928 793556

Andy J Photography

Choosing a photographer to capture your special day is a huge decision – you have one shot at it to get it right! Andy J Photography has over 20 years' experience, with a beautiful portfolio and many profound reviews. With a relaxed approach, he captures both traditional and fun shots that you and your family will be able to look back on for generations to come. Like the main image of this article? Another one of his stunning captures!



Visit www.andyjphotography.co.uk or call 07768189442

Design With Clarity

An incredible local business ran by Craig Hardman, Design With Clarity offers bespoke wedding rings and jewellery – crafted with love and care from his Hoylake workshop. Craig also specialises in bespoke jewellery that encapsulates the ashes of loved ones into coloured glass – he has made beautiful pieces for people to wear on their big day, meaning the loved one who has passed away can be with them walking down the aisle.



Visit www.designwithclarity.com or call 07510539386

Devlin Designs

The Wedding Show's amazing Lindsey Devlin also owns Devlin Designs – offering one-of-a-kind wedding stationery that truly reflects your unique style and story. From save-the-dates to invites, she designs everything with personal touches and creative flair. She works with you to bring your dream stationery to life, making your special day even more memorable.

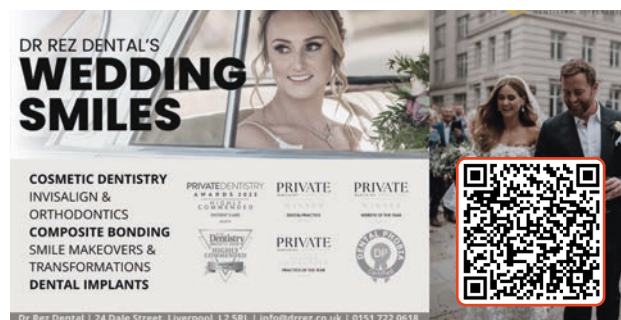


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Dr Rez Dental is also proudly the only Liverpool City Centre-based Dental Phobia Certified practice, ideal for patients who are nervous of visiting a dentist. With their state-of-the-art facilities and compassionate team, they make achieving your dream smile an accessible and patient centred experience.



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Credit Andy J photography

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Visit www.liverpoolweddingcarhire.com or call 07732028267

Little Loves Wedding Entertainment

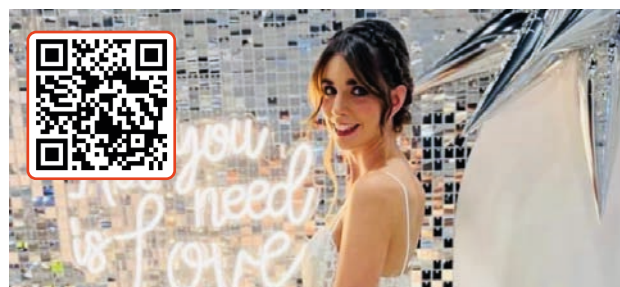
An amazing new concept courtesy of the wonderful Ruth Rundle from Wish Upon A Party! Through Wish Upon A Party, Ruth and the team have years of experience in children's entertainment and host magical kids parties. Ruth has now branched out to children's entertainment at weddings – keeping the little ones entertained for the adults with games, kids corners, character visits and more! What a great idea!

WEDDING ENTERTAINMENT		
 from £295 Kids corner including: Children's teepee Wooden toys Puzzles Story books Colouring station	 from £395 This package includes everything from wish one plus an hour session with our entertainer to host the children during the speeches and keep the kids corner clean and tidy.	 Includes everything from wish one and two plus: Gift your mini guests with the ultimate keepsake - a teddy bear for them to make and take away to remember the special day.

Visit www.wishuponaparty.land or call 07972109152

Michael Franks

Liverpool's highest rated and multi-award winning salon, Michael Franks, is the perfect choice for hair and make up for your big day! The salon is owned by celebrity stylist, Michael Franks, whose recent assignments have included London Fashion Week, Paris Fashion Week and Copenhagen Fashion Week =(working with Lana Del Ray's team). Meanwhile, make-up artist Sian has a 1st Class Degree in Specialist Hair & Make Up – working with the BBC!



Visit www.michaelfrankshair.co.uk or call 0151 345 6148

Royal Liver Suite

How about getting married at Liverpool's most iconic building, The Liver Building? The Royal Liver Suite is a stunning 200 capacity venue that boasts a plush reception room with a balcony overlooking the Mersey and a main room that also offers breathtaking views – both of which are blank canvasses for a completely bespoke wedding. A waterfront wedding at the world famous Liver Building – what's not to love?



Visit royalliversuite.com/weddings or call 0151 245 1770

Sapphire Bespoke Events

Ran by Vikki Sweeney, one half of the dynamic duo behind The Wedding Show, Sapphire Bespoke Events offers a wide range of wedding and event styling including chair hire, seating, table decor, backdrops, balloons and everything in between! She will work with you to create a custom package that meets your specific needs and budget and when it comes to attention to detail you won't find anyone as meticulous!



Visit sapphirebespokeevents.co.uk or call 07850931696

The Alterations Doctor

This award-winning Wirral business offers bespoke wedding dresses and menswear, as well as alterations, pre-loved wedding dresses, dog bridalwear and suits, flower girl dresses, bridal jewellery, eveningwear, veils and bespoke scented candles. With 100% 5 Star reviews, it's a one stop shop for wedding attire – with Wedding Paws doggie bridalwear and suits a big hit and their Always Loved off the peg designer wedding gowns and pre loved gowns available all year round.



Check the alterations doctor out on [facebook](#) or call 07881 881182

Upbeat Travel

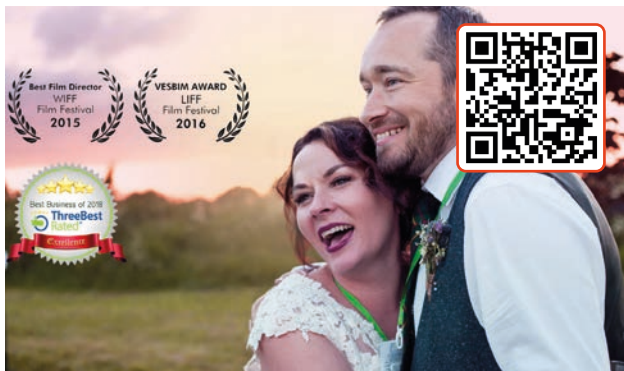
Founded by Wirral's Joel Gilbert, Upbeat Travel is a great choice for honeymoons – offering bespoke travel packages for destinations such as the The Maldives, Santorini and Dubai. Joel and the team have looked after many newlyweds, as well as top celebrities and sports stars, providing luxury VIP itineraries and concierge services. Wherever you're thinking of celebrating your matrimony, they'll arrange an unforgettable adventure! Fancy a wedding in Vegas, their sister company Upbeat Vegas got you covered!



Visit www.upbeattravel.co.uk

Vibrant Videography

As with wedding photography, capturing video footage of your special day is a massive undertaking and you only get one shot of perfection! Vibrant Videography's Phil Perez has worked on film sets for the BBC, ITV & Fox Films and has won 'Best Wedding Videographers' in the county 2018, 2019, 2020, 2021, 2022, 2023 & 2024 on Three Best Rated. Cool, calm, collected and super professional.



Visit www.vibrantvideography.co.uk or call 07900920807

Wild Thyme Creations

Wirral's longest standing wedding dress supplier, Jeanie MacLeod, has just celebrated 40 years in the industry and has supplied around 15,000 dresses to brides during her long career. Offering stunning bespoke dresses and top quality designs at affordable prices, Jeanie provides all services in house independently. Having developed an exceptional reputation for quality, service and price, she has created bespoke dresses for celebrities, pop stars, footballer's wives and for three generations of some families.



Visit www.wildthymecreations.co.uk or call 07828001843

Attend A Wedding Show In 2025

The Wedding Show have announced their first wave of incredible wedding shows for 2025, following a storming year of shows in 2024! For the first half of 2025, gorgeous shows are coming to Thornton Manor, Liverpool Town Hall and Orrell Hill Woods, as well as another huge two day extravaganza at The Exhibition Centre! Visit one in 2025 for a whole host of amazing suppliers all under one roof!

To book your place at a wedding show visit www.the-wedding-show.co.uk



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HEALTH & BEAUTY



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HEALTH & BEAUTY

CELEBRITY STYLIST MICHAEL FRANKS CELEBRATES A DREAM 2024!



Liverpool's multi-award winning celebrity stylist and salon owner, Michael Franks, is celebrating a 'dream' 2024 – with an eye-watering list of achievements during the past 12 months. Whilst his Liverpool salon remains the highest rated in Liverpool, his personal successes are something to behold.



As far as years go, it's safe to say 2024 has indeed been a dream for the Liverpool hair magician. The past 12 months have included working for – Download Festival, Colour World, COLOR.ME Salon International, London Fashion Week, Paris Fashion Week, Copenhagen Fashion Week, The Liverpool Wedding Show and Annabel's Private Members Club in Mayfair.



Michael moved to Liverpool in 2017 after falling in love with the city and opened Michael Franks salon on The Strand. With a supremely talented team behind him, the salon has gone on to win many awards such

as Best Salon In Merseyside, the L'Oreal Colour Trophy and Diversity & Inclusion Award at the LGBTQ+ Business Awards, whilst being a longstanding highest rated salon in Liverpool on Salon Spy.



Michael's personal achievements prior to 2024 have been equally impressive – with clients such as NBC News, the Irish President and top sports stars – and he has developed a reputation for being one of the best stylists in the industry. The past 12 months, however, have been an absolute whirlwind!



Michael explained: *"It's been some year, for sure! It's been crazy with so much going on! Download Festival was amazing again – styling hair for famous rock stars was awesome – and looking after VIP's at Annabel's in Mayfair was an honour! Then there was Colour World and COLOR.ME Salon International, incredible two day events with top professional hair colour brands representing Kevin Murphy."*

He continued: *“As for the London, Paris and Copenhagen Fashion Shows – just WOW! To have been part of three prestigious international events in one year has been unreal and at Copenhagen I got to work alongside Lana Del Ray’s team! The Liverpool Wedding Show was a great experience at The Exhibition Centre too – it’s certainly been one of my most memorable years to date as a stylist.”*



In addition to running Liverpool’s No.1 salon and taking the world by storm, Michael still finds time to engage in great causes. He and the team recently provided free services for the Strictly For Liverpool Women’s Hospital dancing event that raised £75,000 for the hospital. He is also involved in the Hair & Care project for blind women and Hair Reborn that offers free treatments for chemotherapy patients.



And what next for Michael and the salon? He summarised: *“In terms of the salon, I feel we have the perfect team now so the plan is to keep doing what we’re doing and remaining the highest rated salon in Liverpool. We truly want everyone who walks out our salon to feel like a superstar, so let’s keep that going in 2025! On a personal level, I’m currently a Finalist to join the Hairdressers Federation Fame Team so fingers crossed!”*

Michael Franks Salon is based on The Strand in Liverpool near The Hilton Hotel and adjacent to The Albert Dock. The multi-

award winning salon is currently the highest rated salon in Liverpool on Salon Spy – rated 4.90 out of 1,877 reviews and with many 5 star reviews across other platforms.



**Michael Franks / 33 Strand Street,
Liverpool, L1 8LT / 0151 345 6148**

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HEALTH & BEAUTY

7 REASONS TO CHOOSE 3 STEP SMILES!


Choosing a dentist, particularly a private one, can be a daunting affair. Not only can it be expensive, let's face it – nobody enjoys going to the dentist! Here we check out Liverpool's gum disease and implants specialists, 3 Step Smiles, to find out why they're a premier choice for dentistry in Liverpool!



Expertise & Experience

With 6 clinics in Spain, one in Glasgow and now the Liverpool clinic that was opened in 2022, 3 Step Smiles have years of experience – with highly trained dentists at the top of their game. Liverpool dentists Dr Balnca Crooke and Dr Felix W Price both have an eye watering portfolio oozing with qualifications.

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3 Step Smiles use only the best natural products such as Zirconium 100% metal free, fully biocompatible with non-toxic restorative materials – whether that be crowns or implants. They see each smile as unique and always put clients' health first – ensuring that the most suitable and effective solution and product is used.



Great Service

As a private dentist, Step Smiles are committed to providing their clients with the very best personalised service – treating people like a VIP rather than just a number. Their plush city centre clinic is managed by warm, friendly patient co-ordinators who will guide you through your dental journey every step of the way.



Quicker Appointments & Less Time In The Chair

As a private dentist, 3 Step Smiles manage their customers efficiently and do many things digitally – as a result appointments can be fulfilled within a day and time spent in the dental chair is kept to an absolute minimum. Their free appointment service will get you seen within 2 days.



5 Star Reviews

Unsurprisingly, 3 Step Smiles have many 5 star reviews across all platforms. The Liverpool clinic has 39 top reviews whereas the Glasgow clinic has 84 top reviews – whilst their Spanish clinics that have been operating for many years have too many to mention. With 3 Step Smiles you can be assured of the highest levels of treatment and service.



Competitive Pricing & Payment Plans

Whilst choosing a private dentist with excellent service can be an expensive option, 3 Step Smiles are priced very competitively – with gum treatment from just £70, aesthetic treatments such as a scale and polish from just £60, crowns from just £600 and implants from just £1000. Payment plans are also available.




If you're looking for a top quality private dentist in Liverpool then look no further than 3 Step Smiles! With years of experience and expertise, state of the art technology, holistic treatments, quality service, quick appointments and competitive pricing, they're leading the way in dental excellence in the city.

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Samantha is an experienced Breathwork and Mindfulness Coach and Founder of iBreathe Community, a thriving community connecting people to their breath. Having engaged large audiences across Merseyside through her workshops and events, she now works one-on-one with clients and athletes, while also extending her services to businesses to promote wellbeing through breathwork and mindfulness practices.



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HEALTH & BEAUTY

FIRST OF ITS KIND LIVERPOOL GYM NAMED BEST IN ENGLAND!

Liverpool's first of its kind gym, Limitless Lifestyle Community, has won Best Health & Fitness Business at Enlands Business Awards after attending the prestigious awards ceremony in Birmingham on Sunday 17th November. Having recently celebrated their 1st birthday, the gym's ground-breaking concept has revolutionised the personal training industry.



The city centre gym, located on Dale Street, offers unlimited personal training 7 days a week, as well as a 24/7 support group, a sustainable nutrition plan, stretching classes, circuits, massage treatments, a wellness cafe, social events, a run club, challenges, retreats and more. The aim is to provide a 360 degree approach and offer members ongoing sustainable change rather than a quick fix.



In addition to changing people's lives through a sustainable approach, the gym's community have been on retreats, had many community events, numerous hikes across the UK and ran multiple half marathons. Members have also engaged in charity fundraising initiatives and have helped raise almost £100,000 for good causes.



Since opening in June 2023, membership has increased from 27 members to 80 members – with 4 full time employed personal trainers. One of the fastest growing gyms in the North West, Limitless Lifestyle Community has received countless 5 star reviews and there have been some profound transformations amongst its members – both physically and mentally. On Sunday 17th November, the team and



gym members attended the Grand Final of the national Enlands Business Awards in Birmingham. They won the Best Health & Fitness Business award from the shortlist of businesses throughout the country – doubling up after winning the regional award back in July.



Co-Founder Alex Sloan said: *“What an unforgettable night! It was incredible to celebrate the success of the amazing community we’ve built and the mission we’re on to revolutionise the personal training industry. We’ve worked so hard and it feels great to be recognised in such a way!”*



Co-Founder Levi Osborne added: *“We couldn’t have accepted this award with a better group of people cheering us on. With over 600 people at the event, Team Limitless was the biggest, loudest and proudest – representing Liverpool in style! This recognition is a testament to the dedication and hard work of the entire team.”*



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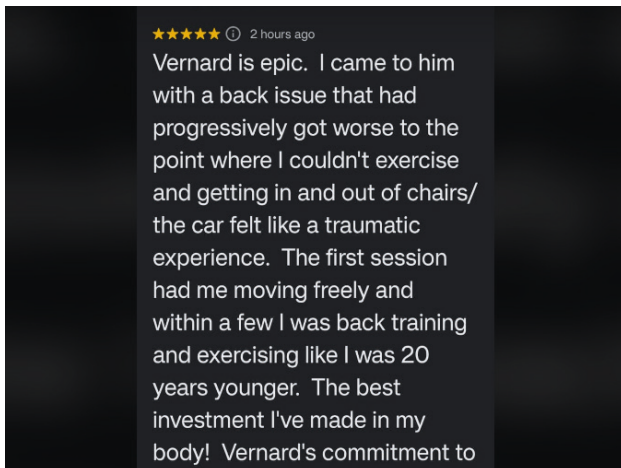
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HEALTH & BEAUTY

CHRONIC PAIN 'MIRACLE WORKER' VENARD IS GIVING PEOPLE THEIR LIVES BACK!



A chronic pain 'miracle worker' is transforming the lives of hundreds of people suffering from a range of conditions. Venard Fong, owner of The Venard Clinic in Wirral, uses specialised neurology techniques and methods to resolve pain for good and has a remarkable 95% success rate with the people he works with.



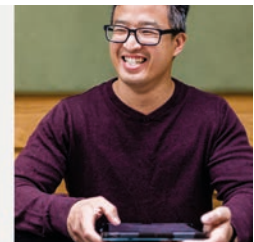
Through his science-backed unique approach, Venard has helped many clients solve their chronic pain, migraine, sciatica, arthritis, bulging discs and various other conditions. These same clients have tried many other approaches in the past from physio to yoga to chiropractor. Venard uses an integrated approach including eyes and vision science, functional neurology, cranial work and gait retraining to name a few.

Venard offers an initial 30 minute video call to discuss your issue, establish if you are a good fit for his work and whether he can help you. The next step is booking an in-person assessment session where he maps out what is going on, why the pain is there, likely causes and a projected outcome where you get to see and feel the improvements and changes that are possible.

Venard offers a money back policy if he feels he is unable to find the cause and help your case in the assessment session. If he can find the causes, you then plan your case and the most suitable treatment plan that meets your goals in the fastest time possible. Venard has helped a wide range of professionals and athletes including double Commonwealth gold medallist and former Olympian Chris Cook.

Treatments are bespoke for each individual. This is best suited for those who are serious about their health and future and are ready to invest in themselves to regain their freedom and independence. This is also for those who want long term results quickly without never ending follow ups or having to do daily exercises to keep on top of the progress.

What would you do tomorrow, if you were pain-free today?



Results can be as quick as within a few hours and countless clients have come forward to say this is and has been the best investment and worthwhile for their physical health. Many have even said not only have they saved tens of thousands of pounds on other treatments and therapies, but the time commitment they have spent on those sessions.

Emma said: "I approached Venard with chronic back pain that was getting progressively worse, leading to me being stuck in bed for a week with sciatica. With my wedding on the horizon in four months,

I wanted to be pain-free for my big day. The results were astonishing! After treatment, I could lift heavy items at work, carry my children and, of course, enjoy my special day with no back pain weighing me down."



Anneliese Mckay
The Copy Coach
Burnley
[@confidentcoach8](#)

“ Venard is an expert at removing pain. I had pain for 27 years at different times and different parts of my body. I had no idea what was causing it but Ven did. Remarkably he re-aligned an eye muscle. 27 years of pain gone in 3 hours! Not only that but my life has accelerated for the better. ”

Angela said: *“My daughter was on the receiving end of a bad tackle during a football match. She was advised it was soft tissue damage and she would recover in 3-4 weeks but months later she was still in pain. After 3 sessions with Venard she was back playing football and scoring goals. Five sessions now completed and she’s signed off. The results have been incredible.”*

Ben runs a luxury pool building company. He was suffering for 8 years with constant pain and other approaches haven’t helped. With his busy schedule he opted for a 2 day fast track clinic. His 8 years of pain was solved on day 1, we spent day 2 pressure testing all the work to make sure nothing unravels. A few years later and he’s still pain free from those 2 days.

Dubbed by many as ‘The Pain Free Ninja’, Venard has been in the same position that his clients find themselves in. As a Tae Kwon Do black belt competing at World Championship level, he struggled with lower back pain for years, spending thousands on physio, chiropractic treatment, massages and more, before booking in with a man advertising a new method of pain relief as a last-ditch effort.

Within 24 hours he found himself able to hit the gym, lift weights effortlessly and completely pain free – whereas

48 hours earlier he struggled to lift just one repetition. He now combines his background of eyes and vision science (orthoptics) with sports therapy, biomechanics and functional neurology to help his clients solve their pain too – and get back to the life they desire.



Venard explained: *“The speed of the results come from knowing what to treat. Muscles and joints don’t tighten up and give out pain unless the nervous system tells it to. Working out why the nervous system is sending these signals is key and saves you a lot of time and unnecessary costs long term. Finding the causes and solving them is pretty straightforward. How fast you get your life back and what memories and experiences you get to make is up to you.”*

Venard Fong is a chronic pain ‘miracle worker’ who has transformed the lives of hundreds of people suffering from a range of conditions. Owner of The Venard Clinic in Wirral, he uses specialised neurology techniques and methods to resolve pain for good and has a remarkable 95% success rate with the people he works with.

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HEALTH & BEAUTY

I USE MY OWN SKINCARE PRODUCTS AND LOOK 20 YEARS YOUNGER!



A 61-year-old from South Liverpool says her own natural skincare and haircare products have made her look and feel 20 years younger. Georgina Tang founded Yours Naturally Naturally Yours in 2014 and has seen incredible results from using her Elixir anti-ageing serum, Enhanced Collagen Booster, Ultra Mild Shampoo & Conditioner and Revive hair serums.



Georgina at 51, photo taken on 18th June 2014. It was this photo that shocked Georgina into creating Elixir aka Botox in a bottle

Prior to setting up her natural skincare and haircare business, Georgina was 'scared to look in the mirror' and would spend a fortune on expensive antiaging serums that didn't have the desired effect. Then, in 2013, she created a 'miracle' haircare product for her son Alessio who was suffering hair loss due to chemotherapy.

Realising her potential and wanting to create a legacy for Alessio, who has a range of debilitating conditions, this led to many more skincare and haircare creations that have taken the industry by storm – resulting in Georgina winning multiple awards. Her most popular product, the Elixir anti-ageing serum, has received countless 5 star reviews – including from herself!



The luxurious highly concentrated age-defying serum is instantly absorbed when applied, leaving skin feeling silky soft and radiant. It helps soften fine lines and scars and reduces the appearance of stretch marks. Elixir moisturises and nourishes due to all its lovely natural oils that have a high level of Gamma-linolenic acid (GLA) such as Borage, Rosehip and Evening Primrose.

Georgina explained: *"I definitely feel younger, more confident and have a spring in my step – not scared at looking in the mirror like previously. I actually spent a fortune buying expensive antiaging serums but non worked so I created Elixir. Now I don't have anyone calling me a middle aged woman and everyone is shocked to hear that I am 61 and looking so young, let alone almost 62."*



She continued: *"It's also thanks to my Ultra Mild Shampoo & Conditioner and Revive hair serums as they helped me grow lots of silky, glossy long hair too. Back in 2014, I had very short hair so I had a perm to*

create the volume. I lost about 60% of my hair when I had Alessio in 2003 and it didn't regrow afterwards. It's like I am a walking testimonial for my own products."

Georgina aged 61, photo taken on 1-9-2024
Georgina's Elixir anti-ageing serum has been selling internationally, both in its own right and also as a white label product where other companies put their own branding on it. It was this product that



Kate Mclver achieved great success with, under the name of Secret Weapon, before misrepresenting that she created it herself – fortunately this has now been dealt with in court cases that Georgina has won. The ground breaking battle became legal history as being the first ever case of Reverse Passing Off won in not one but two trials.



Georgina said: "My products have provided life changing transformations to myself and many other people. I feel like when I was in my 30s, young and free! Looking young and feeling young and more active. I am known to go on the swing, slide and seesaw with my son Alessio."

She continued: *"Before Elixir, my eye lids and muscles were sagging, also I had a turkey neck but now I feel radiant and glowing. Back in 2014, I was under 8 stones and now I am nearly 8.5 stones, yet my face and neck are firmer slender – all down to the power of Elixir and Enhanced Collagen Boost."*

Georgina is gearing up for a very busy Christmas with lots of online orders and Christmas markets, as she continues to build her business back up following the Kate Mclver court cases that almost bankrupt her. Despite winning the cases, Georgina has lost over £360,000 as Kate Mclver Skin haven't paid the legal costs awarded – putting a huge strain on her business and family.



Georgina summarised: *"It's been an extremely difficult time going through a long five year legal battle that crippled my business and put a huge strain on my family. Things got really bad but I'm slowly coming out of the other side and now people realise that the Secret Weapon of Kate Mclver was originally my Elixir, more and more people are coming to me. I love that my products are helping so many people."*

A 61-year-old from South Liverpool says her own natural skincare and haircare products have made her look and feel 20 years younger. Georgina Tang founded Yours Naturally Yours in 2014 and has seen incredible results from using her Elixir anti-ageing serum, Ultra Mild Shampoo & Conditioner and Revive hair serums.

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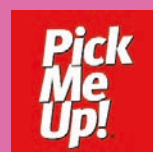
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TRAVEL

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TRAVEL

24 HOURS IN LIVERPOOL & NEW BRIGHTON!

Back in 2023 during my visit to the ski resort of Whistler in Canada, I had the pleasure of meeting Aussies Ash and Mandy White – a wonderful couple who have become good friends. In September 2024 they embarked upon a 5 week European tour and came to Liverpool and New Brighton for a whirlwind 24 hours! Here's what we crammed in during their flying visit....



I met Ash and Mandy at Lime Street station at 10am and we headed to the waterfront to check out the iconic Beatles statues, before a visit to the Radio City Tower to take in the spectacular views of the city. An absolute must for anyone visiting Liverpool, it's a great way to gain an understanding of the city's landscape and landmarks.



After this, we checked out the legendary Cavern Club and The Bombed Out Church before having a couple of drinks at a couple of Liverpool's fantastic pubs – The Philharmonic and The White Hart, a quirky new Dickens-esque pub on Hope Street. Here they tried sausage rolls and pork pies with brown sauce for the first time!



Ash said: *“Liverpool was amazing! The mixture of old and new, the incredible amount of pubs and restaurants everywhere! The home of The Beatles! The Radio City Tower was spectacular and it was great to see the city from a bird's eye view! A lively city with so much to see, eat and drink! We could live here, it's a great place!”*

Mandy added: *“It was so nice to see your city, which I didn't know much about before visiting. I thought it was going to be quite grey and a bit rough here but it's such a beautiful city and everyone has been super friendly. The buildings are amazing and there's so much history compared to Adelaide which is a very new city.”*

I've had the honour of appearing on Ash's Milne Road Studios podcast that he runs back in Adelaide and now it was time for Ash and Mandy to appear on my La Vida Liverpool Live radio show on New Brighton Radio! It was a fantastic interview and we covered some interesting subjects such as dangerous animals in Australia and Aussie Rules Football.



We then came to my hometown of New Brighton and they checked into New Brighton Hotel before enjoying a street art tour and a walk down the promenade, through Vale Park and for a pint at the historic Magazine Hotel pub. After a meander along Seabank Road and a quick stop at local gems Nickel City and Tallulah's, we headed back to Victoria Road to enjoy the vibrant nightlife.

We enjoyed pints, pizzas and live music at Rockpoint Records and I was interested to hear their thoughts on Hella Dough's pizzas after they had recently sampled Italy's pizzas during their European cruise. I felt a great deal of pride showing them around our city and seaside town and, as ever when I show guests around, people were very friendly and welcoming.



After a great stay at New Brighton Hotel, before they left New Brighton on the Saturday morning they sampled a Full English Breakfast at Smuggler's Cave – and of course their newly discovered brown sauce! I showed them the promenade, lighthouse and Fort Perch Rock before seeing them off at the train station.

Ash and Mandy said: *"New Brighton is a really buzzing little seaside town with lots to do. Lots of pubs and restaurants – Rockpoint Records was really cool and Conor's pizzas were even better than the Italian ones! The live music was great*

and it's a really happy town with a great community spirit. It's easy to get around and again we could easily live here. New Brighton Radio was a great experience – thank you for having us!"



It was a whirlwind visit and I would have loved to have shown them more but we packed a lot in during their brief time here. It was now time for them to go to see their daughter in London and a trip to Ireland, Northern Ireland and Cornwall. It was a real pleasure to show them around and they told me I should start 'La Vida Liverpool Tours' – something I might well look into!



I'm so happy that I met these lovely people whilst travelling solo in Canada and it's amazing how we've stayed friends and met up during their holiday to Europe. This is the real magic of life and by cultivating strong friendships with people all over the world we can make the world a better place! Thanks for the gifts of my shirt, the book about South Australia and beer cooler guys – it was so great to have you here!

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